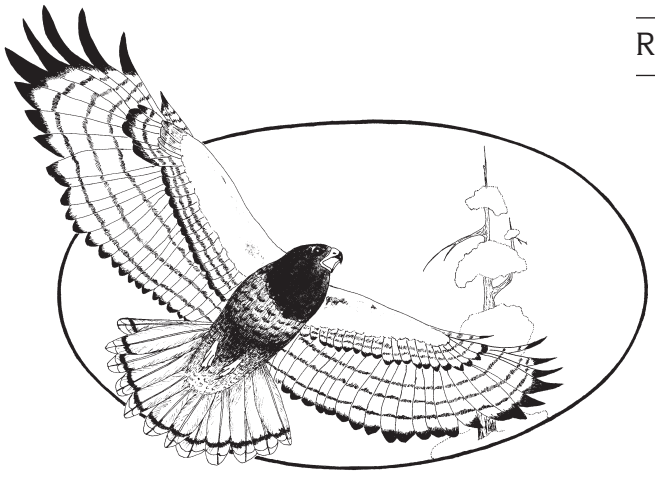
HUMBOLDT REDWOODS
MARATHON, HALF MARATHON & 5K



Run beneath California's tallest and most spectacular trees

- HUMBOLDT REDWOODS STATE PARK, NORTHWESTERN CALIFORNIA
- AVENUE OF THE GIANTS • PAVED, SHADED, FAST
- CERTIFIED AND SANCTIONED-BOSTON QUALIFIER
- HALF MARATHON WALKERS NON-COMPETITIVE DIVISION
- USA TRACK & FIELD PACIFIC ASSOCIATION HALF MARATHON CHAMPIONSHIP IN ALL DIVISIONS
- $2500 PRIZE MONEY AWARDED TO PACIFIC ASSOC. USAT&F MEMBERS ONLY
- $100 PRIZE MONEY FOR THE 1ST MAN & 1ST WOMAN IN THE MARATHON
- BEAUTIFUL COMMEMORATIVE AWARDS ALL RACES
- MARATHON FINISHERS MEDALLIONS
- LONG-SLEEVE T-SHIRTS, WITH ORIGINAL WILDLIFE ART

9 AM SUNDAY OCTOBER 18, 2009

SIX RIVERS RUNNING CLUB

www.redwoodsmarathon.org
race information & online registration

Registration postmarked by September 30th: Marathon $55, Half Marathon $50, 5K $25. Complete the entry form, sign the waiver, make your check payable to: HUMBOLDT REDWOODS MARATHON and mail to: HUMBOLDT REDWOODS, P.O. BOX 4989, ARCATA, CA 95518-4989. LATE RACE DAY REGISTRATION $65/60/25.

Humboldt Redwoods Marathon, Half Marathon & 5K

❑ *Marathon*
❑ *Half Marathon*
❑ *5K*
❑ *Walker-Half*
❑ *Wheelchair*

For Official Use Only

your email: _____

Sex M F *Date of Birth* ___ ___ — ___ ___ — ___ ___ *Age on race day* ___ ___

Last Name _____ *First Name* _____

Address _____

City _____ *State* ___ *Zip Code* _____

T-Shirt S M L X *Team or Club* _____ *Phone* ___ ___ ___ — ___ ___ ___ — ___ ___ ___ ___

Must be registered by Sept. 30th to guarantee t-shirt size on race weekend.

USAT&F Number _____

Signature _____ *Date* _____

ALL ENTRANTS MUST SIGN A WAIVER (PARENT/GUARDIAN IF UNDER 18)

WAIVER: In consideration of your acceptance of this race entry, I, for myself, my heirs, executors, administrators, and assigns, forever waive, release and discharge any and all rights, demands, claims for damages and causes of suit or action, known or unknown, that I may have against the Six Rivers Running Club, Humboldt Redwoods Marathon, Half Marathon and 5K, the County of Humboldt, Humboldt Redwoods State Park, California Department of Transportation and any and all participating race contributors, sponsors and supporters and the directors, officers, employees and agents of such parties for any and all injuries in any manner arising or resulting from my participation in said race. I attest and verify that I have full knowledge of the risks involved in this race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses and that I am physically fit and sufficiently trained to participate in this race. I grant permission to any and all of the forgoing to free use of my name, voice and/or likeness in any broadcast, advertising and or promotion release related to this event or future Humboldt Redwoods Marathon, Half Marathon and 5K races. Athletes who participate in this competition may be subject to formal drug testing in accordance with U.S. Track & Field rules and IAAF Rule 144.