

Humboldt  
Redwoods  
State Park,  
NW California

# HUMBOLDT REDWOODS

9:00am, Sunday  
October 16, 2016

Avenue of  
the Giants  
Paved, Shaded  
and Fast



# MARATHON HALF-MARATHON & 5K

\$2900 prize  
for Half Marathon  
to USAT&F Pacific  
Assoc. members only

\$100 prize for  
1st Man & 1st  
Woman in the  
Marathon

Marathon and Half  
finishers' medallions

USA Track & Field  
Pacific Association  
Half Marathon  
Championship  
in all divisions

for race information &  
online registration visit:

[www.redwoodsmarathon.org](http://www.redwoodsmarathon.org)



RAMONE'S  
Bakery & Cafe



Registration postmarked by August 1st: Marathon \$65, Half Marathon \$55, 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 REGISTRATION (Aug. 2nd - Oct. 5th) \$70/60/30. RACE WEEKEND REGISTRATION \$75/65/35.

## Humboldt Redwoods Marathon, Half Marathon & 5K

- Marathon  
 Half Marathon  
 5K  
 Wheelchair

For Official Use Only

Email address: \_\_\_\_\_  
Please provide email for registration confirmation

First Name           Last Name

Sex  M  F Date of Birth   -   -   Age   Phone   -

Address

City           State   Zip Code

T-Shirt  Men's  Women's  XS  S  M  L  XL USAT&F Number

Must be registered by Sept. 15th to guarantee t-shirt size on race weekend.

Race Club \_\_\_\_\_ 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 foregoing 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.