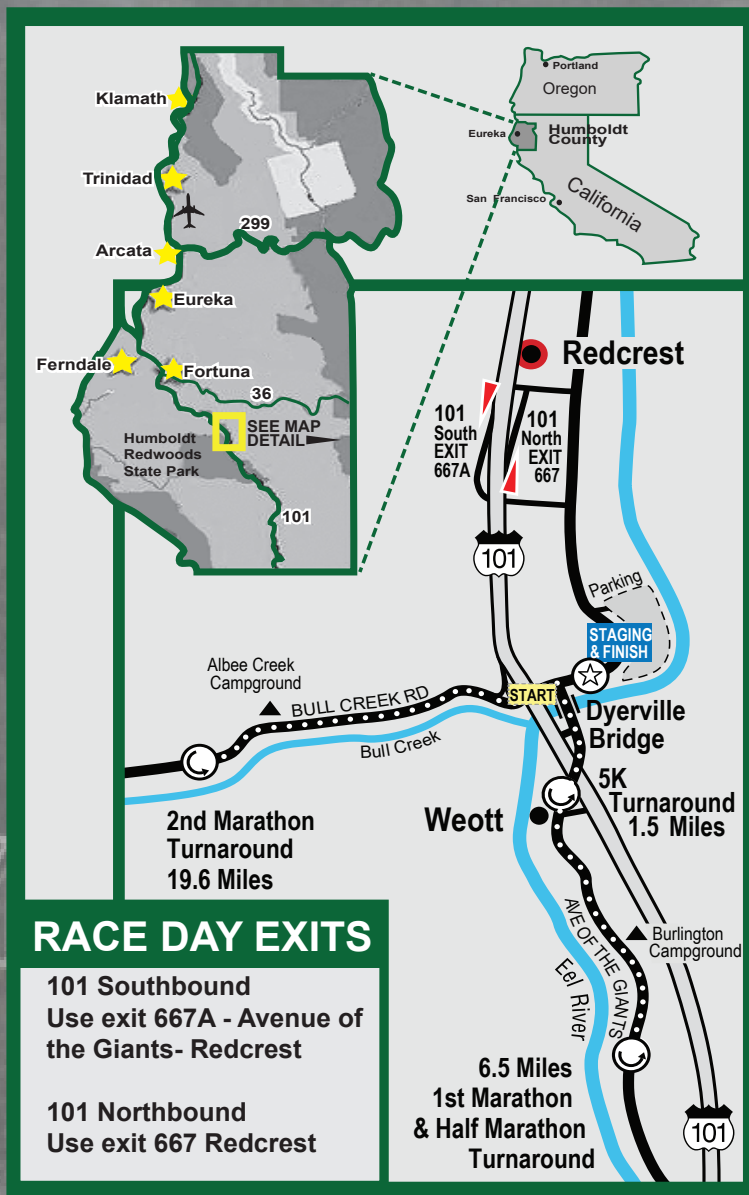


HUMBOLDT REDWOODS MARATHON, HALF MARATHON & 5k RACE

We'll forgive you if you have trouble concentrating on the road ahead of you while running The Humboldt Redwoods Marathon, Half Marathon, or 5K. After all, you'll probably be looking up at the old growth redwood trees which tower over the course.



Race Day Exits & Road Closures

On Sunday, all North/South race traffic must use Hwy 101 exits 5 miles North of the Start/Finish.

HWY 101 Exit Closures:

The Honeydew, South Fork, Eel and the Rockefeller Forest Exits will not be used for race day traffic, but will be open on Saturday.

Road Closures:

Avenue of the Giants and the Bull Creek Road will be closed from 7:30am to 2:00pm, please use caution before and after these times.

Parking

Parking is on the gravel flats of the Eel River just north of the Staging area. Arrive early, vehicles that are parked along the road sides will be ticketed



Half Marathon & 5K Race
October 13th, 2019



www.redwoodsmarathon.org

humboldtrewoodsmarathon@gmail.com

HUMBOLDT REDWOODS MARATHON, HALF MARATHON & 5k RACE

THE COURSE

The Marathon and Half Marathon start together at the Dyer-ville Bridge which is on the famous Avenue of the Giants near the majestic Founders Grove in Humboldt Redwoods State Park. The 5K starts in the same location just 15 minutes after the marathon & half marathon.

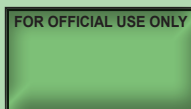
All courses are fast, paved & shaded. All courses are US-AT&F certified and the marathon is a qualifier for Boston. The course will be closed to all vehicles and bicycles for the entire 5K & half marathon and from miles 1 through 13 in the Marathon. Miles 14 through 26 in the Marathon will be controlled by pilot cars. Runners should be alert for pilot cars and autos following them. Marathon race time limit is 6 hours, (those that do not pass the halfway point in 3 hours will be directed to finish the half marathon instead)
The courses are marked at every mile.

AWARDS

Overall prize is awarded to top finishing male and female in each event. Divisions are every 5 years from age 20, with an under 20 listing in the Half. Each finisher in the half and full marathon will receive a medal upon completion. Award presentations start around 12:30pm. The 5K is a fun run, there are no age group awards for this event.

Packet Pick-Up

Held at the Race Staging Area (Dyerville Bridge)
Saturday, October 12th: 12 noon – 4:00 PM
Sunday (Race Day): Beginning at 7:30 AM – 8:30 AM
Please pick up your packet at least thirty minutes before the start of your race to avoid any delays.



Visit us at:

www.redwoodsmarathon.org

Timing

These are chip timed events. Chips are located in the bibs. Bibs must be picked up in person before the race. No Bibs will be mailed.

Additional Info

There are no bikes, dogs, skateboards, skates, baby joggers, strollers or scooters allowed on the course. The use of headsets is prohibited. Please note that there are no refunds. Race is held rain or shine.

Travel

The race staging area is located about 45 miles south of Eureka, CA on the Avenue of the Giants highway. Driving time from San Francisco or Sacramento is about 5 hours, and from Portland 8 hours.

Air Travel: Arcata/Eureka Airport (ACV) - United

For additional travel info see our website:
www.redwoodsmarathon.org
or www.redwoodvisitor.org

AID Stations

There will be Porta Potties and aid stations with electrolyte (Gatorade) replacement drinks and water approximately every 2.5 miles. Food will be available on the Marathon course near miles 17 & 22.

Race Start Times:

Marathon & half marathon - 9:00a.m.

Wheelchair division - 8:50 a.m.

5K fun run - 9:15 a.m.

**Brought to you by:
Six Rivers Running Club**



Email us at:
Humboldtredwoodsmarathon@gmail.com

Please Print Clearly Gender ☐ F ☐ M Age on Race Day _____ Date of Birth ____/____/____

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip 5 or 9 digit _____

Phone _____ Email (name@service.com) _____

T-shirt size (Check one). T-shirts only guaranteed race weekend to people who register by **August 30th, 2019**

___ Adult Small ___ Women's Small
___ Adult Med. ___ Women's Med.
___ Adult Large ___ Women's Large
___ Adult X-Large ___ Women's X-Large
___ Adult XX-Large

Mark Choice	Race Name	Early Entry Fee Before 6/30	Entry Fee July 1-Oct. 10
___	Marathon	\$80	\$90
___	Half Marathon	\$70	\$80
___	5K race	\$25	\$30

Race Fee Total: _____

Charitable Donation Food for People:

___\$5 ___\$10 ___\$25 ___\$50 ___Other___

Total Check Enclosed: _____

Please mail Registration form to:
Humboldt Redwoods Marathon
P.O. Box 214
Arcata, CA 95518

Make Checks Payable to:
"Humboldt Redwoods Marathon"

WAIVER AND RELEASE

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against EnMotive, The Humboldt Redwoods Marathon, Running Away, LLC and its affiliates, their agents, employees, officers, directors, successors and assigns and any and all sponsors, their representatives and successors, that may arise as a result of my participation in the 2019 Humboldt Redwoods Marathon and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising, without monetary payment to me.

*I understand there are NO refunds.

*I understand there are NO strollers allowed.

*I understand that the use of headphones is strongly discouraged, and that using them disqualifies me from receiving any awards.

Signature: _____ Date: _____
ALL ENTRANTS MUST SIGN WAIVER (Parent or Guardian signature required if under 18 years of age)