TAMALPA RUNNERS PRESENT... **THE 32ND ANNUAL**

MARIN MEMORIAL DAY RACES 2009

Memorial Day • Monday, May 25, 2009 • 8:00 AM *(Formerly Pacific Sun Races)*

PA-USATF 10K Championship

On Monday, May 25, put your training to the test and run one of the top ten fastest 10K courses in the USA: a flat, accurately measured loop that kicks into high gear for a dramatic finish in the College of Marin Stadium. Or challenge yourself to a walk, run, or racewalk on a shorter 2.5 mile loop. Or bring your 12-and-under kids and your camera for a fun morning of races on the track.

EVENTS AND START TIMES

6:30 AM	Registration Opens	9:50 AM	Awards Ceremony
8:00 AM	2.5 Mile Walk/Run	10:00 AM	Youth Track Races
8:15 AM	10K Race		

BENEFICIARIES

Marin County high school athletic programs (such as the MCAL Track and Field Championships, MCAL Cross Country Championships, San Rafael Twilight Relays, Logan Coaches Clinic, etc.), as well as Tamalpa's own Youth Track Programs and Summer Running Camp.

EXCITING CHAMPIONSHIP EVENT!

The 10K is a part of the USA Track & Field/Pacific Association's Road Grand Prix, guaranteeing an exciting and highly competitive field. Pacific Association athletes are eligible to win cash prizes from a $3000 prize purse.

COMMEMORATIVE TOWELS AND GOODIES

All 10K and 2.5M runners will receive hand towels printed with the official race logo, as well as bagels, fruit, drinks, energy bars, and other product samples.

LOCATION

College of Marin, Kentfield, CA. From Hwy 101 in Marin, go west 2.5 miles on Sir Francis Drake Blvd. toward San Anselmo. Turn left onto College Ave. in Kentfield. Proceed 1/4 mile to race venue. The 2.5M starts on College Ave., and the 10K starts on Kent Ave. The Youth Track Races are held on the track.

REGISTRATION & FEES

2.5 Mile and 10K

Received by 5/18:	Adults - $25	18 and Under - $20
After 5/18 (including race day):	Adults - $30	18 and Under - $25

Youth Track Races

Regardless of Entry Date: 12 and Under Only - $5

IMPORTANT!!! Clip and complete Entry Form at bottom, sign waiver, enclose check and include one 4" x 9" SASE per person for the Race Packet. If SASE is not enclosed, pick up your packet on race day between 6:30 and 7:30 AM. Sorry, no refunds on entry fees.

MAKE CHECKS PAYABLE TO: Marin Memorial Day Races

MAIL TO: Marin Memorial Day Races
c/o It's About Time / Carmela Toledo
8404 Locust Place N.
Dublin, CA 94568

DIVISIONS AND AWARDS

- $3000 Prize Money, 10K only. Must have current PA-USATF card to be eligible.
- 10K Awards: 12 & Under, 13-18, 19-29, then 5 year age divisions for runners 30 and over. *Must be picked up on race day!*
- 2.5 Mile Awards: 12 & Under, 13-18, 19-29, then 10 year age divisions to 80 & over. *Awards are not mailed - must be picked up on race day!*
- Ribbons to each child in the Youth Track Races

HEADPHONES

For your safety and the safety of others, please do not wear headphones during the Races.

FOR MORE INFORMATION

Web: ***www.marinraces.com*** (register online, view course map, etc.)
E-mail: ***info@marinraces.com***
Race Director: Janet Bowman, (415) 924-5976

SPONSORS

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The Water Store

RUNNERS WORLD
Living Wellness Center
Evan Pilchik Photography

VOLUNTEERING

Can't run? Help by being one of over 160 volunteers needed. Community Service points available to high school volunteers. Contact **Bill Neer** at **(415) 457-6337** or ***billneer@comcast.net.***

2009 Marin Memorial Day Races Entry Form

Check One: ❑ 10K ❑ 2.5 Mile ❑ Youth Track Races

For Official Use Only

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Sex _____ Date of Birth _____ Age Race Day _____

Email _____

Code **4** Club or School Name: _____

2009 PA-USATF Member? (Req'd for Team/Prize Money Eligibility) Circle One: **Y** **N**

WAIVER: The following must be signed to enter the race. If you are under 18, your parent or guardian must sign for you. In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors and administrators waive and release forever any and all rights and claims for damages I may accrue against Tamalpa Runners, Road Runners of America, USATF, any and all organizations and or individuals connected with this event, their representatives, successors and assigns for any and all injuries that may be suffered by me in connection with this event including pre- and post-race activities. I certify that I am physically fit, have trained sufficiently for participation in this event and have not been advised otherwise by a qualified medical person. I agree to comply with all race rules and instructions of race officials. I agree to allow my photo to be used for any legitimate purpose by the event holders and or assigns. Parent/Guardian Waiver for Minors. The undersigned parent and natural or legal guardian does hereby represent that he/she is, in fact, authorized to act on behalf of and is acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, claims and damages.

ALL ENTRANTS MUST SIGN WAIVER (Parent/Guardian if Under 18) _____ Date: _____