

MARIN MEMORIAL DAY RACES 2014

Memorial Day • Monday, May 26, 2014 • 8:00 AM

PA-USATF 10K Championship



M. Hoburg

On Monday, May 26, put your training to the test and run one of the top ten fastest 10K courses in the USA: a flat, certified 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, also certified, 5K 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	8:30 AM	Marin 10K Road Race
8:00 AM	Don Ritchie 5K Walk/Run	9:50 AM	Awards Ceremony
8:29 AM	10K Wheelchair Start	10:00 AM	Youth Track Race

IMPORTANT!!! Clip and complete Entry Form at bottom, sign waiver, and enclose your check. If time permits, bib numbers will be returned by mail; otherwise they will be held for pickup on race morning between 6:30 and 7:30 am. Sorry, no refunds on entry fees.

DIVISIONS AND AWARDS

- **\$3000 Prize Purse**, 10K only. Must have current PA-USATF card to be eligible. In addition, a male or female 10K winner who breaks the course record will receive a **\$1000 bonus!**
- 10K Awards: 12 & Under, 13-18, 19-29, then 5 year age divisions for runners 30 and over. Awards to top Wheelchair and Physically Challenged athletes. *Awards must be picked up on race day!*
- 5K Awards: 12 & Under, 13-18, 19-29, then 10 year age divisions to 80 & over. *Awards are not mailed - they must be picked up on race day!*
- Ribbons to each child in the Youth Track Races

BENEFICIARIES

The **Don Ritchie 5K** is dedicated to the memory of Don Ritchie, a long time Tamalpa Runner and Marin County educator, who died of pancreatic cancer in 2009. The walk/run event is a fund-raiser for pancreatic cancer research at the UCSF Medical Center.

EXCITING CHAMPIONSHIP EVENT

The 10K is a part of the USA Track & Field/Pacific Association's Road Grand Prix. PA-USATF athletes are eligible to win cash prizes from a \$3000 prize purse.

TECHNICAL SHIRTS AND OTHER GOODIES

All 10k and 5k runners will receive high quality technical shirts 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 5K and 10K start on Kent Ave. The Youth Track Races are held on the track. College of Marin, Kentfield, CA. From

REGISTRATION & FEES

<i>5K and 10K</i>	
Received by 5/18:	All Entrants - \$30
After 5/18 (including race day):	All Entrants - \$35
<i>Youth Track Races</i>	12 and Under Only - \$5

MORE INFORMATION

Web: www.marinraces.com (register online, view course map, etc.)
 E-mail: info@marinraces.com
 Race Director: Dave Ripp, (415) 686-0703

SPONSORS

ARCHRIVAL	BANK OF MARIN	BARTON'S BAGELS
Mollie Stones Market	Powerbar	GU/Roctane
Woodlands Market	The Water Store	

MAKE CHECKS PAYABLE TO: Marin Memorial Day Races

MAIL TO: C/O It's About Time/Carmen Toledo
 8404 Locust Place N.
 Dublin, CA 94568

2014 Marin Memorial Day Races Entry Form

For Official Use Only

Circle One 10K 5K Youth Track Races
 10K Wheelchair Athlete 10k Physically Challenged Athlete

Last Name First Name
 Address
 City State Zip
 Phone Sex Date of Birth Age Race Day
 Email
 Code Club or School Name:

2014 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: _____