

Vintage Oaks at Novato and Tamalpa Runners proudly present the



31st Annual – 2011 Couples' Relay

Tamalpa Runners is pleased to present the 31st Annual Couples Relay. Women/Partner run two laps on a one-mile loop, then tag their partner who run the same course. There are lots of awards – two to five deep in the divisions based on the combined age of the couple and the number of participants in open, married, father/daughter, mother/son, grandparent/grandchild, or gay/lesbian categories – plus a prize raffle!

- Date:** Sunday, February 13, 2011 **Time:** 9:00 am
Distance: 2 miles each runner, 4 miles per couple
Directions: Vintage Oaks at Novato Shopping Center. From San Francisco or Marin, go north on Hwy 101; from the East Bay, take Richmond Bridge to San Rafael and head north on Hwy 101. Take **Roland Blvd exit in Novato** (1st exit past Hwy 37); Turn right at signal; go immediately to middle lane; go through 2 signals and follow road as it curves to the right, behind the shopping center. Proceed ¼ mile to parking area past Target.
Divisions: 20 divisions based on combined ages of couples in 6 categories. Children's Division consists of a combined age less than 30 but must be mixed sex.
Entry Fee: \$30 per couple. Numbers will not be mailed. Pick up on race day starting at 7:30.
Souvenirs: Shirts to the first 75 couples who register. Lots of awards and raffle prizes.
Registration: By mail (using form below) or online at www.active.com or race day registration beginning at 7:30 at the Starting area. Applications may also be found on the Tamalpa website: www.tamalparunners.org

Information: Brian Valle – 415.310.8653 or ultrabeek@gmail.com or www.tamalparunners.org

Mail To: Couples Relay, P.O. Box 4132, San Rafael, CA 94913:

Mail one \$30 check per couple payable to "Tamalpa Runners" by February 11, 2011

Check appropriate clear box (check one box only – ONLY CLEAR BOXES)

COMBINED Ages	29 & under	50 & Under	65 & Under	51 & Over	66 & Over	51-65	66-80	81-95	96-110	111-125	126+
Open											
Married											
Father/Daughter/Granddaughter											
Mother/Son/Grandson											
Gay/Lesbian											
Children											

Woman's /Partner Name: _____ Age on 2/13/11: _____

Man's /Partner Name: _____ Age on 2/13/11: _____

Mailing Address: _____

Signatures: Woman/Partner _____ Man/Partner _____

As a condition of accepting this entry, I, the above signed, Intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Tamalpa Runners, Crosspoint Realty Services, the City of Novato, the County of Marin, the race officials and volunteers, their representatives, successors, and assignees for any and all injuries suffered by me in, or traveling to or from the Couples Relay.

I attest that I am physically fit and have trained sufficiently for this race. Entries for runners under the age of 18 must be signed by a Parent or Guardian.

Parent or Guardian Signature: _____ Date: _____