



Tamalpa Runners and Marin Country Mart
Present
The 40th Annual Couples Relay
Sunday, February 9, 2020 9:00am

Distance: 2 miles per runner – through the Cal Park Tunnel and back
Location: Marin Country Mart, 2257 Larkspur Landing Circle
Entry Fee: Online Registration: \$15 per Adult, (\$10 under 18)
 Race day: \$20 per Adult, (\$10 under 18)
 Numbers will not be mailed. Pick up on race day beginning at 8:00 a.m.

Souvenirs: Many prizes (most bring home gift cards) and a raffle!

Registration: Register online at www.paypal.com: Send payment for your team to membership@tamalparunners.org

Mail In Registration: Send form & payment to: Tamalpa Runners, P.O. Box 4132, San Rafael, CA 94913

Information: davidleipsic@gmail.com

Details: First runner races out 1 mile through the Cal Park Tunnel and returns to tag partner, who runs the same course. Awards in each division, based upon combined age.

Team Category	Combined Age	Combined Age
	80 & under	81 +
Male/Female Open	A	B
Married	C	D
Father/Daughter Grandfather / Granddaughter	F/D	
Mother/Son Grandmother Grandson	M/S	
High School	HS	
Middle School	MS	
Gender Neutral	GN	

1st Teammate's Name: _____ Age: _____

2nd Teammate's Name: _____ Age: _____

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

District, 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.

Team Members /

Parent/Guardian's Signature(s): _____ Date: _____