

Tamalpa Runners proudly present the



## 37th Annual – 2017 Couples Relay

The 2017 Couples Relay course is modified for a smoother start and finish is a flat, fast and scenic along the Corte Madera creek waterfront. The female partner runs a two-mile loop, and then tags their male partner, who runs the same course. Awards in each the division and traditional bounteous prize raffle!

New this year: High School (pairs from same school and from different schools) and Middle school.

**Date:** Sunday, Aug. 6, 2017      **Time:** 8:00 am sharp  
**Distance:** 2 miles each runner, 4 miles per couple.  
**Directions:** Marin Country Mart 2257 Larkspur Landing Cir, Larkspur, CA 94939  
 Hwy 101, East on Sir Francis Drake Blvd. to Larkspur Landing Circle. Next to 24 Hour Fitness.

**Divisions:** 22 Divisions based on combined ages of couples.  
**Entry Fee:** \$25 per Adult couple preregistered, \$30 race morning. High School and Middle school students \$20.  
 Numbers will not be mailed. Pick up on race day starting at 7:00 a.m.

**Registration:** By mail (using form below) or **online** or race day registration beginning at 7:00 a.m. at the starting area.  
 Applications on Tamalpa website: [www.tamalparunners.org](http://www.tamalparunners.org)

**Information:** Bill Neer 415-827-1065 / Barry Spitz 415 454-2769

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

**Mail one check per couple payable to "Tamalpa Runners" by August 1, 2017**

Combined Ages	29& Under	50 & under	65 & Under	51 & Over	51-65	66-80	81-95	96-110	111-125	126+
Open		A			B	C	D	E	F	G
Married			H			I	J	K	L	M
Father/Daughter/Granddaughter		N		O						
Mother/Son/Grandson		P		Q						
Middle School	R									
High School Same School	S	T								
High School / Different Schools	U	V								

Woman's Name: \_\_\_\_\_ Age on 8/6/17: \_\_\_\_\_

Man's Name: \_\_\_\_\_ Age on 8/6/17: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

**Signatures:** Woman \_\_\_\_\_ Man \_\_\_\_\_

**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, Marin Country Mart, the City of Larkspur, Golden Gate Bridge Highway & Transportation 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.**

**Parent or Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_