

Tamalpa Runners proudly present the



36th Annual – 2016 Couples Relay

Tamalpa Runners is pleased to present the 36th Annual Couples Relay. The female partner runs a two-mile loop, and then tags their male partner, who runs the same course. There are awards in each the division based on the combined age of the couple and the number of participants in open, married, father/daughter, mother/son, or grandparent/grandchild categories – plus a prize raffle! The course will be a flat, fast and scenic along the Corte Madera creek waterfront.

Date: Sunday, September 25, 2016 **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: 20 divisions based on combined ages of couples.
Entry Fee: \$25 per couple preregistered. \$30 same day. Children and High School students \$20/team.
 Numbers will not be mailed. Pick up on race day starting at 7:00 a.m.

Souvenirs: LOTS of awards and raffle prizes.

Registration: By mail (using form below) or online <https://endurancecui.active.com/event-reg/select-race?e=38020154> or race day registration beginning at 7:00 a.m. at the starting area. Applications on Tamalpa website: www.tamalparunners.org

Information: Bill Neer 415-827-1065 / Barry Spitz 415 454-2769 or www.tamalparunners.org

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

Mail one check per couple payable to “Tamalpa Runners” by September 19, 2016

DARKEN, with pen, the letter in appropriate box (select one box only – ONLY LETTERED BOXES)

COMBINED Ages	29 & under	30 & Under	35 & Under	40 & Over	45 & 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							
Children	R										
High School	S	T									

Woman’s Name: _____ Age on 9/25/16: _____

Man’s Name: _____ Age on 9/25/16: _____

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: _____