

## Entry Form

Mail entry to: Whiskeytown Duathlon  
PO Box 990188, Redding, CA 96099  
Make checks payable to SWEAT

(Please Print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone( ) \_\_\_\_\_

Email \_\_\_\_\_

AGE on race day: \_\_\_\_\_ Sex (M or F): \_\_\_\_\_

Shirt Size: S M L XL

Relay Member Name: \_\_\_\_\_

AGE on race day: \_\_\_\_\_ Sex (M or F): \_\_\_\_\_

Shirt Size: S M L XL

Team Name: \_\_\_\_\_

Event: Individual.....\$35 \_\_\_\_\_

Team.....\$60 \_\_\_\_\_

LATE REG. (After May 10th) ..... Add \$10 \_\_\_\_\_

TOTAL AMOUNT PAID ..... \$: \_\_\_\_\_

WAIVER: In consideration of your acceptance of our entry, we, intending to be legally bound, do hereby for ourselves, our heirs, executors, and administrators, waive and release forever any and all rights and claims or damages we may accrue against SWEAT Club, Redding Mt. Biking Club, USA Track & Field, National Park Service, volunteers, and any sponsors of the race, their successors, and representatives, for any and all injuries suffered by our members while traveling to and from and participating in the Whiskeytown Duathlon. We attest and verify that we have full knowledge of the risks involved in this event, including, but not limited to, those caused by terrain, wildlife, weather, condition of the athlete, vehicle, other participants, and lack of hydration, that we will assume those risks, that we will assume and pay our own medical emergency expenses in the event of an accident, illness, or other incapacity, regardless of whether we have authorized such expenses, and that we are physically fit to participate in this event. We grant permission to use our likenesses taken in connection with this event without compensation. We have read the entry information provided for the event and certify our compliance by our signatures. We certify that all of the information on this form is true and complete.

Signature \_\_\_\_\_

NOTE: Parent or guardian must sign for participants under 18.

Signature \_\_\_\_\_

NOTE: Parent or guardian must sign for participants under 18.

## Who We Are

Since 1975 S.W.E.A.T has been an integral part of the fitness community in Northern California, promoting health and fitness through running, walking, biking and swimming.

The club has hosted over 100 running events since its inception ranging from 5k to 50k. SWEAT also promotes fitness in the community by hosting non-competitive "fun" runs.

SWEAT members enjoy races, casual get-togethers, training, fun runs and social gatherings. An annual banquet is held to acknowledge the achievements of members throughout the year.

*The NorCal John Frank Memorial Run, Whiskeytown Relays, Whiskeytown Trail Run and Redding Marathon* provide an opportunity for all levels of runner to compete and have an enjoyable experience.

Proceeds from these runs are placed in a scholarship fund. Annually, SWEAT awards ~\$5,000 to local high school seniors who have participated in track and/ or cross country and plan to continue running in college.

It is the purpose of REDDING MOUNTAIN BIKING to promote the sport of Mountain Biking through an organizational establishment that will provide a weekly group ride, varying in the degree of difficulties to encourage both beginner and advanced riders out on the trails, along with establishing a base of riders for the purpose of trail advocacy. We will seek to maintain existing trails, and within legal limits establish new trail systems. REDDING MOUNTAIN BIKING will never purposely make any rider feel inadequate due to their abilities.

**REDDING MOUNTAIN BIKING**



The REDDING MOUNTAIN BIKING club membership will be open to all who apply and maintain their membership dues, and governmental positions within the club will be open to any who qualify and are voted in.



## Race Info:

### 3.0-M Run-8M Bike-3.0M Run

### \$5 per car day use fee @ Whiskeytown Lake

### Entry Fee: (includes Performance Shirt)

### \$35 Individual \$60 Team (2-person) Add \$10 after 5/10/08

### Awards: 3 deep in 10 year age groups Men, Women Relay Awards 3 deep in Men, Women & Coed groups.

### More Info:

[www.sweatrc.com](http://www.sweatrc.com)

Tori @ 530-221-8268

[sweatrc@sbcglobal.net](mailto:sweatrc@sbcglobal.net)

[tparksrn@charter.net](mailto:tparksrn@charter.net)

### Packet Pickup:

### May 16, 2008 @ Fleet Feet Sports

### 909 Dana Dr., Redding

### 12 noon—5pm

### Race day @ Whiskeytown

### 7:15 - 8:15 am