

Avenue of the Giants  
Marathon is proud to be an  
independently green event.



## RACE DAY INFO

### RACE DAY EXITS

**101 Southbound**  
use exit **667A**

**101 Northbound**  
use exit **667**



### PARKING

**Parking** is on the gravel flats of the Eel River just north of the staging area. **Arrive early**, vehicles that are parked along the road sides will be ticketed.

### RACE DAY EXITS & ROAD CLOSURES

On Sunday, all north / south race traffic must use **Hwy 101** exits 5 miles north of the **START / FINISH**.

**HWY 101 Exit Closures:** The Honeydew, South Fork Eel and the Rockefeller Forest Exits will not be used for race day traffic, but will be open on Saturday.

**Road Closures:** Avenue of the Giants and the Bull Creek Road will be closed from **7:30am to 2:00pm**, please use caution before and after these times.

[theave@theave.org](http://theave@theave.org)

You are invited to the **49<sup>th</sup>** annual

## Marathon, Half, & 10K Run

# May 3rd, 2020

Run in the awesome  
beauty of the scenic  
Redwood Forest!

**BOSTON  
QUALIFYING  
EVENT**

**RUN FREE,  
RUN HUMBOLDT**

[www.theave.org/](http://www.theave.org/)

Sponsored by the Six Rivers Running Club



# Avenue of the Giants Marathon, Half Marathon, and 10k Run

## Run Annually, The 1st Sunday in May. Be there May 3rd, 2020!

### About This Event

The Avenue of the Giants is one of the most beautiful races in the world! It runs through old growth redwoods and follows a natural creek in the middle of a state park. It makes running a breeze and throughly great fun for all. How to see you there!



### The Course

Staged on "The Avenue of the Giants" in Humboldt Redwoods State Park, located in rural northern California. Course is on a paved road that winds through giant redwoods, it is certified and sanctioned by USAT&F (United States of America Track & Field). Marathon is a qualifying event for the Boston Marathon. [www.signmeup.com/Upload/files/UP321\\_Avenue\\_Course\\_Map.pdf](http://www.signmeup.com/Upload/files/UP321_Avenue_Course_Map.pdf)

### Awards

Overall prize is awarded to top finishing male and female in each event. Divisions are every 5 years from age 20, with an under 20 listing in the Half. Each finisher will receive a medal upon completion. Award presentations start around 12:30pm. To ensure accuracy, age group awards will be mailed. The 10k is a *Fun Run*. There are no age group awards for this event.

### Packet Pick-up

Packets are available onsite Sat, May 2<sup>nd</sup>, at the staging area noon to 5:30pm, and on race day before 9:00am.

For official use only.

Please Print Clearly Sex ☐ M ☐ F Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP ( 5 or 9 digit ) \_\_\_\_\_

Phone \_\_\_\_\_ eMail ( name@service.com ) \_\_\_\_\_

Mark Choice	Race Name	Entry Fee
<input type="checkbox"/>	Marathon	\$100.00
<input type="checkbox"/>	1/2 Marathon	\$ 90.00
<input type="checkbox"/>	10k Run	\$ 70.00

**Please note:** If you register early you can save \$\$\$. Early registration closes on 1-1-20, but if you register in 2019 you can subtract -\$20.00! So don't delay -- Register Today!

**T-Shirt Size (check one)** T-shirts only guaranteed race weekend to people who register by **March 30<sup>th</sup> 2020**

<input type="checkbox"/> Adult Small	<input type="checkbox"/> Womens Small
<input type="checkbox"/> Adult Med.	<input type="checkbox"/> Womens Med.
<input type="checkbox"/> Adult Large	<input type="checkbox"/> Womens Large
<input type="checkbox"/> Adult X-Lg.	<input type="checkbox"/> Womens X-Lg.
<input type="checkbox"/> Adult 2X-Lg.	<input type="checkbox"/> Womens 2X-Lg.

**Race Fee Total:** \_\_\_\_\_ **Relay for Life Donation?** ACS: ☐ \$5.00 Suggested

**Total Check Inclosed:** \_\_\_\_\_

Please mail Registration Form to:  
**Avenue of the Giants Marathon**  
**P.O. Box 214**  
**Arcata, CA 95518**  
 Make checks payable to:  
**"Avenue of the Giants Marathon"**

### Waiver and Release

In consideration of the foregoing, I, for myself, my heirs, executors, administrators, and personal representatives, waive and release any and all rights, claims and courses of action I have or may have against "The Ave", its primary sponsor and its affiliates, their agents, employees and officers, directors and their representatives harmless in any event that might arise as a result of my participation in "The Ave" and any pre-and post-event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of hte this event and my physical condition have been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all photographers, vidiographers, and recordings of this event for any legitimate purpose of advertising. I accept any and all medical treatment by licensed personnel on the course in the case of needed attention.

X

Date \_\_\_\_\_ ALL ENTRANTS MUST SIGN WAIVER. ( Parent or Guardian signature required if under 18 years of age )

eMail us: [theave@theave.org](mailto:theave@theave.org)

Visit us at:

[//www.theave.org/](http://www.theave.org/)

### Timing

These are Chip timed events. Chips are located inside the bibs. Bibs must be picked up in person before the race. No bibs will be mailed.

### Refunds

There are no refunds. T-shirts will not be mailed, must be picked up on site. Change of race to a different event will incur the cost of the more expensive event with no refund in switching to a lesser event. Transfer from person to person will be granted on an individual basis.

### Weekend Activities

Saturday: 4:00 Bill Daniel will present a slide show/talk at the Humboldt Redwoods State Park Meeting room, two miles south of Weott on the "Ave".

### Travel Information

Humboldt Redwoods Park Camping: 707-946-2409  
 Air Travel: Arcata-Eureka Airport (ACV) - Multiple Airlines  
 Hotels & Motels: Eureka, Fortuna, and Garberville  
 Tourist Info: [www.redwoodvisitor.org](http://www.redwoodvisitor.org)

### New Consolidated Race Times

<b>Marathon</b>	<b>7:45 am</b>
<b>Half Marathon</b>	<b>8:30 am</b>
<b>10 K Run</b>	<b>8:30 am</b>

### Aid Stations

Aid stations and porta potties will be placed approximately every 2 or 3 miles from the staging area. Aid stations will have water and a sports drink, fruit and radio contact with medical personnel/vehicles. Porta potties will be at the staging area as well.

