



2nd Annual NCRR
WILD DUCK 5K XC RACE
 (1st Race in Dirt Dog Series)

Saturday August 23, 2008

Race Times:
 8:00am (Men)
 8:30am (Women)



Directions:

- From 5 north go to 78 east and take the Melrose Exit. Go Left under the freeway. Stay on Melrose to Santa Fe Road (~ 3 miles). Turn left. Park is about 1/2 mile on right.
- From 15 north go to 78 west and take Vista Village exit. Go over the freeway to Vista Way. Turn left. Go to Melrose, turn right. Take Melrose to Santa Fe Rd., turn left. Park is 1/2 mile on right.

Parking only at Guajome lake road entrance (\$3) or in the neighborhood and observe signs.

Race Course: On this course, you will run through all of Guajome Park. There are some rolling hills (no "big hill", fields of grass and views of the lake and ducks. This is a unique cross-country course; it is made for speed and negative splits with its fast downhill sections and a flat finish.

Awards: 1st place Male and Female (Open and Master's). Three deep in 5-year age groups, Male and Female, 12 and under to 70 plus, and drawing prizes.

More info: Visit the Track Club's website at www.SDTC.com and the [Dirt Dog series web page](#)

REGISTRATION *This race benefits Rancho Buena Vista Waterpolo Team*

Entry Procedure: Send entry form and check before August 16, 2008 to the address below.

Late Registration:(after August 12, 2008 and Day of Race) NCRR & SDTC members: \$20; Non-members \$25

Contact Information: NCRR Race Director: Joe Crosswhite 760.723.3257, joecrosswhite983@roadrunner.com
 Make Checks payable to, and mail to: RBV Aquatics 4116 Oak Island Lane, Fallbrook, CA 92028

Entry Form- 10th Annual 5 K XC Race, Saturday August 23, 2008

Please print clearly, OK to photocopy

First Name _____ Last Name _____

Mailing Address _____

City _____ State ____ Zip Code _____ Age ____ Sex ____

Home Phone (w/ area code) _____ Birth Date _____

5 K XC Race

NCRR & SDTC members	\$15.00
Non-members	\$20.00
Late fee after 08/12/08	\$5.00

TOTAL \$ _____

T-Shirt. (Incl.) S M L XL

SDTC Member Y N

NCRR Member Y N

Waiver must be signed before entry is accepted.

I, the undersigned, understand that there are risks associated with strenuous physical exertion, and with this event, including but not limited to those caused by terrain, weather, condition of the athlete, vehicles, other participants; excessive hydration and/or failure to adequately hydrate. In consideration of the right to participate in the above event, I hereby assume all risks associated with this event and I hereby waive, release and discharge any and all claims for damages for death, personal injury or property damage or actions of any kind which may hereafter accrue to me or any other person as a result of my participation in this event. This waiver and release shall be binding on my heirs and assigns and shall run in favor of NCRR, USAT&F, RRCA, City of Oceanside, County of San Diego, San Diego County Parks and Recreation Department, and all promoters, sponsors, officials and individuals or entities in any way connected with this event even though their liability may arise out of negligence and carelessness on their part. I will additionally permit the use of my name and pictures in news media, publications, and websites. Athletes found positive for banned substances will be disqualified from this event and will lose eligibility for future competitions. Some prescriptions and over the counter medications have banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC hotline at (800) 223-0393.

Participant's Signature (Parent sign if under 18 years) _____ Date _____