



Cougar 5k/8k Challenge

USATF Dirt Dog Cross Country Series



5k/8k Course

- Flat & Fast
- On dirt & grass
- Easy course for PR
- Awards, Drawings, Food

Date

Saturday October 17, 2009

Time

women- 5k start: 8:00am
Men - 8k start: 8:45am

Registration

- Opens 7:15am (morning of race)
- On The Mangrum Track and Soccer Field
- Fill out entry on right and mail in

Entry Fee

- \$10 before October 12, 2009
- \$15 after October 12, 2009
- \$75 College team only (unlimited)
- Last day to mail, October 12, 2009

For more info.

- Call (760) 750-7105
- Email sscott@csusm.edu

Directions

From Interstate 5

- Take 78 east, exit Twin Oaks Valley Rd.
- Head south, make a left at the stop light after Barham
- Park in the lot on the left

From Interstate 15

- Take 78 west, exit Twin Oaks Valley Rd.
- Head south, make a left at the stop light after Barham
- Park in the dirt lot on the left



Entry Form

Saturday Oct. 17, 2009
5k 8am/8k 8:45am

Print Clearly & Mail to:

CSUSM Cross Country
Steve Scott
333 South Twin Oaks Valley
San Marcos, Ca 92096

\$10 before Oct. 12, 2009

\$15 after Oct. 12, 2009

Last day to mail Oct. 12, 2009

Checks Payable to CSUSM Foundation

First _____ Last _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ DOB _____

Email _____

Male/Female

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, and 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 SDTC, USAT&F, RRCA, NCR, CSUSM, City of San Marcos, County of San Diego, 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 who compete in this competition will be subject to formal drug testing in accordance with USAT&F rules and IAAF Rule 14. 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 yrs)

_____ Date _____