Bonita Stampede 8K

USATF Dirt Dog Cross Country Series
Saturday 24 September 2011

Race Time: 8:00am

8K Course:

Challenging, scenic run on nature preserve trails

Registration:

- Opens 6:30am (morning of race)
- Fill out attached entry form and mail

Entry Fee:

- $15 before 19 September 2011
- $20 after 19 September 2011
- Last day to mail, 18 September 2011

For More Info:

- Race Director: Tony Melchor
- Email: amelch13@hotmail.com

Location:

Sweetwater Regional Park
5110 Sweetwater Road
Bonita, CA 91902

Directions:

From Interstate 5 & 805 South:

- Hwy 54 East to Briarwood exit
- South on Briarwood to Sweetwater Rd
- Turn left on Sweetwater Rd to entrance of Sweetwater Regional Park

Awards:

- 1st place Male and Female (Open and Master's)
- 2 deep in all age groups

Fill out registration form (please print)
Mail completed entry form and payment to: **Bonita Stampede 8K, P.O. Box 851, Bonita, CA 91908**

First Name ☐☐☐☐☐☐☐☐☐☐ Last Name ☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Address ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

City ☐☐☐☐☐☐☐☐☐☐☐☐ State ☐☐ Zip Code ☐☐☐☐☐

Phone ☐☐☐ ☐☐☐ ☐☐☐☐ M F ☐☐ Age ☐☐ Date of Birth (mm/dd/yy) ☐☐☐☐☐☐

Email ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Age Group: (check one)

- ☐ 17 & under
- ☐ 18-24
- ☐ 25-29
- ☐ 30-34
- ☐ 35-39
- ☐ 40-44
- ☐ 45-49
- ☐ 50-54
- ☐ 55-59
- ☐ 60-64
- ☐ 65-69
- ☐ 70-74
- ☐ 75+

Please make checks payable to:
Bonita Road Runners (fee is non-refundable)

Waiver must be signed:
I understand that there are risks associated with strenuous exertion and with this event including but not limited to those caused by terrain, weather, the condition of the athlete, vehicular traffic, other participants and lack of hydration. In consideration of the right to participate, I hereby assume all risks associated with this event and I here by waive, release, and discharge any and all claim for damages, death, personal injury or property damage or action of any kind which may here after occur to me or any other person as a result of my participation in this event. The waiver and release shall be binding on my heirs and assigns and shall run in favor of the promoters, sponsors, officials, municipalities, or any other individual or entities in any way connected with this event though their liability may arise out of negligence or carelessness on their part.

Signature of Athlete _____ Date _____ Signature of Parent (if under 18 years of age) _____