

2011 California State University San Marcos

5K/8K Cougar Challenge

5K/8K Course

- Flat and Fast
- On dirt and grass
- Easy course to PR
- Awards, drawings, and food

Date

Saturday, October 15, 2011

Time

Women - 5K start: 8:00 AM
 Men - 8K start: 8:45 AM

Entry Fee

- \$10 by October 10, 2011
- \$15 after October 10, 2011
- \$75 college team, per gender (unlimited)
- Last day to mail: October 10, 2011

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, October 15, 2011
 5k 8am/8k 8:45am
 \$10 by October 10, 2011
 \$15 after October 10, 2011
 Last day to mail October 10, 2011

Print Clearly & Mail to:
 CSUSM Cross Country
 Steve Scott
 333 South Twin Oaks Valley
 San Marcos, Ca 92096

Checks Payable to CSUSM Foundation

First _____ Last _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ Age on Race Day _____

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, NCRR, 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 _____

