



7th Annual NCRR WILD DUCK 5K XC RACE

(1st Race in Dirt Dog Series)

Saturday August 24th 2013

Race Times:

8:00am (Masters) 40 plus

8:30am (Open) 39 & under

(registration stops 10 min. before each race)



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 ½ mile on right.
- From 15 north go to 78 west and take Vista Village exit. Go right to Vista Way. Turn left. Go to Melrose, turn right. Take Melrose to Santa Fe Rd., turn left. Park is ½ mile on right.

This race is in OCEANSIDE/VISTA , and you must park inside the park (FREE PARKING!)

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 fast finish.

Awards: 1st place Male and Female (Open and Master’s). 14 divisions, Three deep in 5 year age groups, Male and Female, 12 and under to 70 plus. also, special 13-15, 16-18 divisions. Lots of drawing prizes and food.

More info: www.northcountyradrunners.com or www.raceit.com, or at www.SDTC.com

REGISTRATION *This race benefits Mission Vista HS cross country teams, **MILITARY \$17 NO LATE FEE**

Entry Procedure: Send entry form and check before August 21, 2013 to the address below.

Late Registration:(after August 17, 2013 and Day of Race) SDTC members: \$22; Non-members \$27

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

Entry Form- 7th Annual 5K XC Race, Saturday August 24, 2013 please print clearly –ok to photocopy

First Name _____	Last Name _____	5K XC Race-includes shirt
		NCRR & SDTC members \$17.00
		Non-members \$22.00
Mailing Address _____		Late fee after 08/17/13 \$5.00
		All 17 & under & military \$17.00
City _____ State _____ Zip Code _____	Age _____ Sex _____	Total \$ _____
Hm phone (w/ area code) _____	Birth Date _____	Tshirt (incl) S M L XL
		(Pre-registered guaranteed size)
Email _____		(will also have extra for sale \$10)

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, SD County Parks and Rec Dept. 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. Drug testing info call (800) 223-0393.

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