



# San Diego Track Club 49<sup>th</sup> Annual Balboa Park 4 Mile Cross Country

(2nd Race in Dirt Dog Series)

Saturday, August 31, 2013

**Masters Start** (age 40 and over) 7:30 am

**Open Start** (39 and under). . . . . 8:20 am



**Race COURSE:** Start and Finish just north of 6<sup>th</sup> and Laurel in Balboa Park. A challenging race on trails, grass and sidewalks.

**DIVISIONS:** Female and Male in each category – 12 & under, 13 - 18, 19 - 24, then 5-year age groups up to 75 and over

**AWARDS:**

\* 1<sup>st</sup> Place Female and Male (Open and Masters)

\* Top 3 in every division, Female and Male

**More Info:** Visit the track club's web site at [www.SDTC.com](http://www.SDTC.com)

**ENTRY FEE:** SDTC Members \$12, Non-Members \$17. After 8/24/13 late fee add \$3.00, 17 and under \$5 (no late fee)

**EARLY ENTRY PROCEDURE:**

(1) Send entry form and check before 8/24/13 to the "Contact" address listed below. If check is received after 8/24/13 be sure to include late registration fee. All entry forms/checks must be postmarked by 8/24/13.

(2) Registration online at [Raceit.com](http://www.raceit.com) <http://www.raceit.com/search/event.aspx?id=21789>

**Late Registration (after August 24, 2013 and Day of Race):** SDTC members \$15.00, Non-members \$20.00, 0-17 \$5.00

**Contact Information:** SDTC Race Director Paul Baum (619) 200-4792

Make checks payable to, and mail to: San Diego Track Club, 4145 Edison St. San Diego, CA 92117

**Entry Form – 49<sup>th</sup> Annual Balboa Park 4 Mile Cross Country, Saturday, 8/31/13**

Please print clearly – OK to photocopy

Name: First \_\_\_\_\_ Last \_\_\_\_\_

Grid for name entry: 15 boxes for first name, 15 boxes for last name.

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Home Phone w/area code \_\_\_\_\_ Birth Date (m/d/y) \_\_\_\_\_

**4 Mile Cross Country 8/31/2013**

Bib No. \_\_\_\_\_

SDTC members	\$12.00
Non-members	\$17.00
Late fee after 8/24/13	\$3.00
17 & under (no late fee)	\$5.00

**TOTAL** \$ \_\_\_\_\_

**No T Shirts**

**SDTC 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 SDTC, USAT&F, RRCA, City of San Diego, 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 years) \_\_\_\_\_ Date \_\_\_\_\_