San Diego Track Club
50th Annual Balboa Park 4 Mile Cross Country
(2nd Race in Dirt Dog Series)

Saturday, August 30, 2014

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

Open Start (age 39 and under) 8:20 am

Free Otter Pops To all Runners !

RACE COURSE: Start and Finish are north of 6th and Laurel in Balboa Park. This is 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:
* 1st Place Female and Male (Open, Masters and Seniors)
* Top 3 in every division, Female and Male

MORE INFO: Visit the track club's web site at www.SDTC.com

ENTRY FEE: SDTC Members $15, Non-Members $20. After 8/23/14 (online registration included), add $5.00 late fee. 18 and under $10 (no late fee).

EARLY ENTRIES:
(1) **Mail**: Send entry form & check **no later than 8/23/14** to the "Contact" address listed below. If your check is mailed after 8/23/14, be sure to include the late registration fee. All entry forms w/ checks must be postmarked by 8/23/14.
(2) **Online** registration open until Friday 8/29/14 5:00 pm at **Raceit.com** https://www.raceit.com/Register/?event=27580

DAY OF RACE ENTRIES: SDTC members $20.00, non-members $25.00, 1-18 $10.00. Cash, check, credit card accepted.

Contact Information: SDTC Race Director Paul Baumhoefner (619) 200 - 4792
Make checks payable to, and mail to: San Diego Track Club, 4145 Edison St., San Diego, CA 92117

Entry Form – 50th Annual Balboa Park 4 Mile Cross Country, Saturday, 8/30/2014
Please print clearly – OK to photocopy

Name: First Name: Last

|_|_|_|_|_|_|_|_|_|_|_|_| |_|_|_|_|_|_|_|_|_|_|_|_|_|_|_|_|

Mailing Address _____

City _____State_____Zip Code_____Age_____ Sex_____

Home phone w/ area code _____Birth Date (mm/dd/yy)_____

4 Mile Cross Country 8/30/14

Bib No. _____

SDTC Members	$15.00
Non-members	$20.00
Late fee after 8/23/14	$5.00
18 & under (no late fee)	$10.00

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_____

The San Diego Track Club is a 501(3)c non-profit organization.