



Bonita Stampede 8K



**USATF Dirt Dog Cross Country Series
Saturday September 12, 2015**



Race Time - 8:00am



Registration:

- Opens 6:30-7:30am (morning of race)
- Fill out attached entry form and mail no later than September 7
- Register online at Raceit.com ends September 9

Entry Fee:

- \$15 for single entry
- \$20 after September 9, 2015

For More Info:

- Co-race Directors:
- Jane Aitchison: jane5565@hotmail.com
- Tony Melchor: amelch13@hotmail.com

Chip Timing:

Provided by Fusion Timing – SPONSORED by Rachael Smithey

8K Course:

Challenging European-type 8k course through scenic Bonita trails. Includes rolling hills, hay bales, and cheering support along the way.

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: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Sex (circle one): M F

Age: _____ Date of Birth (mm/dd/yy): _____

Email: _____

Age Group: (check one)

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

USATF # _____

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)