



RANCHO BERNARDO PARK
 North County Road Runners
CRAZY 8'S 5K XC RACE
 4TH RACE OF DIRT DOG SERIES
 SAT SEPT 26TH 2015
 Race time: 7:30AM



Directions: Take Hwy 15 to West Bernardo Drive, go west to park entrance – registration is at far end of drive – where it deadends ! Registration starts at 630 am and ends at 720 am .

Race Course: RB Park is a small community rural park with several ball parks, grass, etc. The course has grass start and finish with a ~2 mile dirt trail loop, with a small hill ¾ MILE into the race. This is a negative split course. Every ¼ mile marked. Drawings prizes /food.

NOTE : A SECOND RACE WILL ONLY OCCUR (AT 815 AM) IF NUMBERS ARE TOO BIG FOR ONE RACE – THEY WILL THEN BE SPLIT MASTERS 730 am and OPEN at 815 am –DECIDED ON 9/23 – CHECK FACEBOOK AND WWW.NORTHCOUNTYROADRUNNERS.COM for info

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

More info: Visit at www.northcountyradrunner.com

REGISTRATION-THIS RACE BENEFITS –Mission Vista HS XC teams, MILITARY \$ 10(no late fee)

Entry Procedure: Send entry form and check before SEPT 23RD 2015 to the address below.

Contact Information: Race Director: Joe Crosswhite 760.723.3257, jocrosswhite983@roadrunner.com
 Make Checks payable to, and mail to: MVHS 4116 Oak Island Lane, Fallbrook, CA 92028

Entry Form- CRAZY 8'S 5k XC Race, SAT SEPT 26TH, 2015

Please print clearly, OK to photocopy

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip Code _____ Age _____ Sex _____

Hm phone(w/area code) _____ Birth Date _____

5K XC Race-no t-shirts

NCRR/ SDTC /MVHS	\$10.00
Non-members	\$15.00
MILITARY –W/ID	\$10.00
After sept 19 th add late fee	\$ 5.00
TOTAL	\$ _____

NCRR/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, sickness 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 SD., VUSD, MVHS, City parks 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 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.

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