

2013 Cal State San Marcos 5K/8K Cougar Challenge Saturday, October 19, 2013

5K/8K Course

- Flat and fast
- On dirt and grass
- Easy course to PR
- Awards, drawings and food

Time

- Women - 5K start: **8:00 a.m.**
- Men - 8K start: **8:45 a.m.**

Entry Fee

- \$15 per individual
- \$100 for college team, per gender (unlimited)
- Entrants can pre-register or sign up on raceday

For More Information

- Call 760-750-7105
- Email Steve Scott: scott@csusm.edu

Directions

From Interstate 5

- Take 78 east, exit Twin Oaks Valley Rd.
- Head south, make a left at the stop light across from Ralphs shopping center (after Barham).
- Park in Lot Z on the left

From Interstate 15

- Take 78 west, exit Twin Oaks Valley Rd.
- Head south, make a left at the stop light across from Ralphs shopping center (after Barham).
- Park in Lot Z on the left

**Sign Up at Raceit.com
or send in Entry Form below**

Entry Form

Saturday, Oct. 19, 2013 CSUSM Cross Country
5K 8 a.m. / 8K 8:45 a.m. Steve Scott
\$15 per individual 333 S. Twin Oaks Valley Rd.
\$100 per team San Marcos, CA 92096

Print Clearly & Mail To

**Checks Payable to:
CSUSM Foundation**

First: _____
Last: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: _____
Age on Race Day: _____
Email: _____
Male/Female: _____

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, and 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, NCR, CSUSM, City of San Marcos, 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 yrs)

Date _____

