Bonita Stampede 8K

USATF Dirt Dog Cross Country Series
Saturday 13 September 2014

Race Time - 8:00am

8K Course:
Challenging European style 8k race through scenic Bonita trails. Includes rolling hills, hay bales and cheering support along the way.

Registration:
- Opens 6:30am – 7:40am (morning of race)
- Fill out attached entry form and mail no later than September 6th
- Online registration at Raceit.com ends September 10th

Entry Fee:
- $15 until September 10th
- Day of Race $20

For More Info:
- Co-Race Directors:
  Tony Melchor: amelch13@hotmail.com
  Kylie Edwards: kedwards@sdccd.edu

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:
- Top 3 Male and Female (Open and Master's)
- 1 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 ☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Address ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

City ☐☐☐☐☐☐☐☐☐☐☐☐ State ☐☐ Zip Code ☐☐☐☐☐

Phone ☐☐☐ ☐☐☐ ☐☐☐☐ M ☐ F ☐ Age ☐☐ Date of Birth (mm/dd/yy) ☐☐☐☐☐☐

Email ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Age Group: (check one)

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

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)