San Diego Track Club
45th Annual Balboa Park 4 Mile Cross Country
(2nd Race in Dirt Dog Series)

Saturday, September 5, 2009

Men's Start 7:30 am **Women's Start** 8:10 am

Race COURSE: Start and Finish just north of 6th and Laurel in Balboa Park. A challenging race on park trails, grass and sidewalks.

DIVISIONS: Female and Male in each category – 12 and under, 13 - 18, 19 - 24, then 5-year age groups through 69, 70 and over.

AWARDS:
* 1st Place Female and Male (Open and Masters)
* 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 $10.00, Non-Members $15.00, Late Fee (after 8/29/09) Add $5.00. Free ages 0 - 17.

ENTRY PROCEDURE:
Option 1: **(Available in early August)** Sign-up on Active.com (Important: **17 and under is not free through Active.com;** to run the race for free you must send in the form as stated in **Option 2** below.)
Option 2: Send entry form and check before 8/29/09 to the "Contact" address listed below. If check is received after 8/29/09, be sure to include late registration fee. All entry forms/checks must be postmarked by 8/29/09.
Option 3: Sign up Saturday, 8/29/09 at Road Runner Sports, 5553 Copley Dr, San Diego, 92111 12 noon - 2 pm
Late Registration (after August 29, 2009 and Day of Race): SDTC members $15.00, Non-members $20.00, **0-17 $5.00**

Contact Information: SDTC Race Director Stephen Burch (619) 562-8061
Make checks payable to, and mail to: San Diego Track Club, 2219 Hillslake Drive, El Cajon, CA 92020

Entry Form – 45th Annual Balboa Park 4 Mile Cross Country, Saturday, 9/5/09
Please print clearly – OK to photocopy

Name: First Last

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Mailing Address _____

City _____ State ____ Zip Code _____ Age _____ Sex ____

Home Phone w/area code _____ Birth Date (m/d/y) _____

4 Mile Cross Country 9/5/09

Bib No. _____

SDTC members	$10.00
Non-members	$15.00
Late fee after 8/22/09 add	$ 5.00
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_____

This race is part of the SDTC Grand Prix Series that determines the top SDTC runners and is part of the Handicap rankings. Check out www.sdtc.com
San Diego Track Club is a 501(3)c Non-Profit Organization