



LAKE HODGES, ESCONDIDO
16th BAKE AT THE LAKE
5 MILE XC RACE
 SATURDAY, SEPTEMBER 7, 2019
 Race Time: 730 am
 (No bib #'s will be distributed after 720 am)



Directions:

From 5 - Take Lomas Santa Fe Dr east thru Rancho Santa Fe. Get on Del Dios Hwy towards Escondido . Turn right on Via Rancho Pkwy then take an immediate right onto Lake Dr. Follow Lake Dr. to the yellow Lake Hodges main gate which will be on your left. Turn left through the gate and continue on the road until it dead ends into the big parking lot by the concession stand/boat dock parking lot.

From 15 - Go to Via Rancho Pkwy and go west to Lake Dr. Turn left on Lake Dr. Follow Lake Dr. to the yellow Lake Hodges main gate which will be on your left. Turn left through the gate and continue on the road until it dead ends into the big parking lot by the concession stand/boat dock parking lot.

Race Course: A 5 mile out-and-back course over gradual hills and rocks to a stream and aid station. Faster 2nd half with flat finish. This race benefits the Park Trail system and Mission Vista High School Cross Country teams.

Awards: 1st place Male and Female (Open and Masters). Three deep in every division, Male and Female. 16 divisions including 12 and under, 13-15, 16-18 and 5 year age groups to 80 plus. Drawings and prizes.

For More info: Visit <https://sites.google.com/site/northcountyroaders/>

REGISTRATION: MILITARY (active or retired) PAY \$10 with ID or copy of ID. No late fee. See below for other fees.

LATE REGISTRATION: No late fee due to the late notice of this race.

Entry Procedure: Send entry form and check before Sept 4, 2019 to the address below.

Contact Information: Race Director: Joe Crosswhite 760.723.3257 joecrosswhite983@roadrunner.com

Make Checks payable to & mail to: North County Road Runners, 4116 Oak Island Lane, Fallbrook, CA 92028

Entry Form- 16th Annual 4 Mile XC Race, Saturday Sept 7th 2019

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 _____

5 Mile XC Race - no t shirts – no late fee

NCRR/ SDTC members	\$10.00
Non-members	\$15.00
Military	\$10.00
All 17 and under	\$10.00

TOTAL _____

NCRR or 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 and 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, RRCA, City of Escondido, County of San Diego, SDPR , MVHS, VUSD, 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. Drug testing info call 800-223-0393

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