



San Diego Track Club
Ursula Rains
Balboa Boogie 5K
 (6th Race in Dirt Dog Series)
 Saturday, October 6, 2018
8:00 am Masters (40+);
8:45 am Open (39 and under); 9:30 am Kids 1K Run



DIRT DOGS
 Cross Country

RACE COURSE: Start and Finish on Morley Field, end of Texas Street. A challenging run on trails, grass and sidewalks.

DIVISIONS: 12 and under, 13 - 18, 19 - 24, then 5-year age groups through 79, and 80 and over.

AWARDS:

- * 1st Place Female and Male (Open and Masters)
- * Top 3 in every division, Female and Male
- * First Masters Woman receives the Ursula Rains perpetual trophy
- * Kids 1K – all receive a time and finisher’s award

RACE RESULTS & DIRT DOG SERIES INFORMATION: SanDiegoTrackClub.org, DirtDogXC.com, SanDiego.usatf.org

ENTRY FEES:

EARLY REGISTRATION fees: 18 years of age and under \$10, SDTC Members \$15, Non-Members \$20.

-- **Mail In registration is available until Wednesday October 3**

Mail entry form & check no later than 10/3/18 to “Contact” address below.

-- **Online registration is available until Friday October 5 at 5:00pm PST**

Sign up online at UNATION: <http://bit.ly/UrsulaRains5k>

RACE DAY REGISTRATION fees: 18 years of age and under \$20, SDTC members \$25, Non-Members \$30.

Cash and check accepted

Contact Information: SDTC Race Director Nancy Morris (619) 743-3144

Make checks payable to, and mail to: San Diego Track Club, 6353 Caminito Del Cervato, San Diego, CA 92111

Entry Form – Ursula Rains Balboa Boogie 5K, Saturday, 10/6/18

Please print clearly – OK to photocopy

NAME: FIRST _____ NAME: LAST _____

Mailing Address _____

City _____ State _____ Zip Code _____ Age _____ Sex _____

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

How did you hear about this race? _____

Balboa Boogie 5K 10/6/18

Bib No. _____

18 and under \$10.00
 SDTC members \$15.00
 Non-members \$20.00

Day of Race Late fee + \$10.00

Kids 1K (all ages, \$ 5.00
 no late fee)

TOTAL \$ _____

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 _____