



# 14th Annual NCRR WILD DUCK 5K XC RACE

(1<sup>st</sup> Race in Dirt Dog Series)

**Saturday August 17th 2019**

745am (Masters) 40 plus  
8:30am (Open) 39 & under  
9:15am Alumni race (MVHS past XC )



**Directions:**

- From 5 north go to 78 east and take the Melrose Exit. Go Left under the freeway. Stay on Melrose to Santa Fe Road (~3 miles). Turn left. Park is about 1/2 mile on right.
- From 15 north go to 78 west and take Vista Village exit. Go right to Vista Way. Turn left. Go to Melrose, turn right. Take Melrose to Santa Fe Rd., turn left. Park is 1/2 mile on right.

**This race is in OCEANSIDE/VISTA, and you must park inside the park (FREE PARKING!)**

**Race Course:** On this course, you will run through all of Guajome Park. There are some rolling hills (no “big hill”), fields of grass and views of the lake and ducks. This is a unique cross-country course; it is made for speed and negative splits with its fast downhill sections and a flat fast finish. Every 1/4 mile marked.

**Awards:** 1<sup>st</sup> place Male and Female (Open and Master’s). 14 divisions, Three deep in 5 year age groups, Male and Female, 12 and under to 80 plus. also, special 13-15, 16-18 divisions. Lots of drawing prizes and food.

**More info:** northcountyrroadrunners.com or dirtdogxc.com PERMIT FEES HAVE INCREASED by 32%  
On line registration at www. NO LATE FEE FOR ON LINE CLOSES 8/14

**REGISTRATION** \*This race benefits Mission Vista HS cross country teams, MILITARY \$20-DAY OF \$25

**Entry Procedure:** Send entry form and check before August 14, 2018 to the address below

**Late Registration:**(after August 10th 2019 & Day of Race)17& under \$25, SDTC members\$30 , Non-SDTC-\$35

**Contact Information:** Race Director: Joe Crosswhite 760.723.3257, [jocrosswhite983@roadrunner.com](mailto:jocrosswhite983@roadrunner.com)  
Make Checks payable to, and mail to NCRR 4116 Oak Island Lane, Fallbrook, CA 92028

**Entry Form- 14th Annual 5K XC Race, Saturday August 17 2019 please print clearly –ok to photocopy**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Email \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
 Hm phone (w/ area code) \_\_\_\_\_ Birth Date \_\_\_\_\_

|                                   |                |
|-----------------------------------|----------------|
| <b>5K XC Race-includes shirt</b>  |                |
| <b>Military –no late fee w/ID</b> | <b>\$20.00</b> |
| NCRR & SDTC members               | \$25.00        |
| Non-members                       | \$30.00        |
| All 17 & under                    | \$20.00        |
| Latefee after 8/10                | \$5.00         |
| <b>TOTAL</b>                      | _____          |

(Pre-registered guaranteed size )

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 ,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, USAT&F, VUSD, MVHS, City of Oceanside, County of San Diego, SD County Parks and Rec Dept., 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 \_\_\_\_\_