



RANCHO BERNARDO PARK
4th CRAZY 8'S 5K XC RACE
 4TH RACE OF DIRT DOG SERIES
 SAT SEPT 22nd 2018
 715 am -over 40 years old (masters)
 800am – under 40 years old (open)



Directions: take hwy 15 to west bernardo drive go west to park entrance – registration is at far end of drive – where it deadends ! registration starts at 630 am and ends at 720 am .

Race Course: RB park is a small community rural park with several ball parks, grass, etc The course has grass start and finish with a ~2 mile dirt trail loop, with a small hill ¾ MILE into the race . This is a negative split course. Every ¼ mile marked Drawings prizes /food.

NOTE : over 40 years old (masters) race at 715 am , under 40 years old (open) race at 800 am THIS RACE IS FOR ALL AGES AND ABILITIES ! YOU DON'T HAVE TO BE PART OF SERIES .

Awards: 1st place Male and Female (Open and Master's). Three deep in 14 divisions, Male and Female. 5 year age groups 12 and under to 80 plus, also includes special 13-15, and 16-18 divisions

More info: Visit at northcountyroadrunners.com or dirtdogxc.com

REGISTRATION-THIS RACE BENEFITS –Mission Vista HS XC teams, MILITARY \$ 12(no late fee)

Sign up on line <http://bit.ly/Crazy8s5kRace>

Entry Procedure: Send entry form and check before SEPT 19th 2018 to the address below. LATE FEE AFTER SEPT 15th AND ON RACE DAY – SEE FEES BELOW

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

Entry Form- 4th ANNUAL CRAZY 8'S 5k XC Race, SAT SEPT 22nd , 2018

Please print clearly, OK to photocopy

5K RACE – NO T-SHIRTS

First Name _____	Last Name _____	SDTC /17 &under	\$15.00
		Non-members	\$20.00
Email _____		MILITARY	\$10.00
		After Sept 15 th add late fee	\$ 5.00
City _____	State _____	TOTAL	\$ _____
	Zip Code _____		
	Age _____		
	Sex _____		
Hm phone(w/area code) _____	Birth Date _____	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, 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, RRCA, City of SD, VUSD ,MVHS, City parks 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 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.

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