



4th Annual NCRR
CRAZY 8'S 5K XC RACE
 RANCHO BERNARDO PARK
 (4th Race in Dirt Dog Series)
Saturday September 22, 2018
 7:15 am - 40 years plus (Masters)
 8:00 am – 39 & under (Open)



Directions: Take Highway 15 to West Bernardo Drive; go west to the park entrance. Registration is at the far end of drive where it dead ends! Registration starts at 6:30 am and ends at 7:20 am.

Race Course: RB Park is a small rural community park with grass and several ball parks. The course has a grass start/finish with an approximate 2-mile dirt trail loop with a small hill ¾ mile into the race. This is a negative split course. Every quarter mile will be marked. There will be drawings, prizes and food.

NOTE: 40 years plus (Masters) race at 7:15 am; 39 and under (Open) race at 8:00 am. THESE RACES ARE FOR ALL AGES AND ABILITIES! You don't have to be a part of the Dirt Dog XC Series.

Awards: 1st place Male and Female (Open and Masters). 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: northcountyrroadrunners.com or dirtdogxc.com

This race benefits the Mission Vista HS XC teams. MILITARY \$10 (no late fee w/ ID).

Online Registration: Sign up online at UNATION: <http://bit.ly/Crazy8s5kRace> No late fee for online registration.

Paper Registration: Send this filled out entry form and check **before September 19, 2018** to the address below.

Contact Information: Race Director: Joe Crosswhite 760.723.3257, joecrosswhite983@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, Saturday September 22, 2018

Please print clearly, OK to photocopy

First Name _____ Last Name _____

Email _____

City _____ State _____ Zip Code _____ Age _____ Sex _____

Hm phone (w/area code) _____ Birth Date _____

5K RACE – NO T-SHIRTS

SDTC and 17 & under \$15.00
 Non-SDTC members \$20.00
 Military \$10.00
 After Sept 15 add late fee \$ 5.00
 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, 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 _____