



San Diego Track Club presents the
USATF Masters 5 km XC
National Championships &
Ursula Rains Balboa Boogie 5K
 (5th Race in Dirt Dog Series)



Saturday, October 12, 2019

7:45am – Masters Women; **8:30am** – Masters Men;
9:15am – Open (39 and under); **10:00am** – Kids 1K Run

RACE COURSE: A challenging run on grass and rolling hills in the Tecolote Shores area of beautiful Mission Bay Park

OPEN DIVISIONS: 12 and under, 13 - 18, 19 – 24, 25 – 29, 30 – 34, 35 – 39

AWARDS, OPEN Division only below:

- 1st Place Female and Male ● Top 3 in every division, Female & Male ● Kids 1K – All receive a time and finisher's award

RACE RESULTS & DIRT DOG SERIES INFORMATION: Available at www.SanDiegoTrackClub.org, www.SanDiego.usatf.org

To compete in the USATF Championships, all Masters MUST be a USATF member and register via USATF at:
<http://www.usatf.org/Events---Calendar/2019/USATF-Masters-5-km-Cross-Country-Championships.aspx>

Non-Championship Masters may race with Open but will not be scored or be eligible for awards. Use registration form below.

Open and Kids use registration form below.

ENTRY FEES:

EARLY REGISTRATION fees: 18 years of age and under \$15, SDTC Members \$20, Non-Members \$25.

-- Mail In registration is available until Wednesday October 9 for non-Champion Masters, Open and Kids

-- Online registration is available until Friday October 11 at 5:00pm PDT at: <https://tinyurl.com/y35zubrr>

RACE DAY REGISTRATION fees: 18 years of age and under \$25, SDTC Members \$30, Non-Members \$35

-- Cash and check accepted

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

Make checks payable to **SDTC**; Mail to: San Diego Track Club, 6353 Caminito Del Cervato, San Diego, CA 92111

Entry Form – Ursula Rains Balboa Boogie 5K & Kids 1K Run, Saturday, 10/12/19

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) _____

OPEN / Kids Balboa Boogie
5K 10/12/19

Bib No. _____

18 and under \$15.00

SDTC members \$20.00

Non-members \$25.00

Day of Race Late fee + \$10.00

Kids 1K (≤10 y/o) \$ 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 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 _____