San Diego Track Club
54th Annual
Balboa Park 4-Miler

(2nd Race in Dirt Dog Series)
Saturday, September 1, 2018

Masters Start (age 40 and over) 7:30 am
Open Start (age 39 and under) 8:20 am

USATF SAN DIEGO

DIRT DOGS Cross Country

ROADRUNNER SPORTS

RACE COURSE: Start and Finish are north of 6th and Laurel in Balboa Park. This is a challenging race on trails, grass and sidewalks.

DIVISIONS: Female and Male in each category – 12 & under, 13 - 18, 19 - 24, then 5-year age groups up to 80 and over.

AWARDS:
* 1st Place Female and Male (Open, Masters and Seniors)
* Top 3 in every division, Female and Male

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 Saturday August 25**
Mail entry form & check no later than 8/25/18 to "Contact" address below.

-- **Online registration is available until Friday August 31 at 5:00pm PST**
Sign up online at UNATION: http://bit.ly/BalboaPark4mi

RACE DAY REGISTRATION fees: 18 years of age and under $20, SDTC members $25, Non-Members $30.
Cash, check and credit card accepted.

Contact Information: SDTC Race Director Paul Baumhoefner (619) 200 – 4792
Make checks payable to and mail to: San Diego Track Club, 4145 Edison St., San Diego, CA 92117

Entry Form – 54th Annual Balboa Park 4-Miler, Saturday, 9/1/2018
Please print clearly – OK to photocopy

Name: First Name: Last

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Mailing Address _____

City _____State_____Zip Code_____Age_____ Sex_____

Home phone w/ area code _____Birth Date (mm/dd/yy)_____

Balboa Park 4-Miler 9/1/18

Bib No. _____

	Early	/	Race Day
18 & under	$10	/	$20
SDTC Members	$15	/	$25
Non-members	$20	/	$30
TOTAL	**$** _____		

No T-shirts

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_____

The San Diego Track Club is a 501 (c) (3) non-profit organization. https://sandiegotrackclub.org/