



RANCHO BERNARDO PARK  
**5th CRAZY 8'S 5K XC RACE**  
 4<sup>TH</sup> RACE OF DIRT DOG SERIES  
 SATURDAY, SEPTEMBER 28, 2019  
 715 am – over 39 years old (Masters)  
 800 am – 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 dead ends ! Registration starts at 615 am and ends at 710 am .

**Race Course:** Rancho Bernardo park is a small rural community park with several ball parks, grass, etc. The course has a grass start/finish and an approximate 2 mile dirt trail loop with a small hill ¼ mile into the race. This is a negative split course. Every ¼ mile will be marked. Drawings, prizes , food.

NOTE : Over 40 years old (Masters ) race at 715 am; under 40 years old (Open ) race at 800 am. THESE RACES ARE FOR ALL AGES AND ABILITIES ! You don't have to be part of the Dirt Dog Cross Country series .

**Awards:** 1<sup>st</sup> 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 age divisions.

**More info:** Visit <https://sites.google.com/site/northcountyroaders/> or [dirtdogxc.com](http://dirtdogxc.com)

**REGISTRATION - THIS RACE BENEFITS Mission Vista High School (MVHS) Cross Country teams**

Sign up on line [events.com registration for Crazy 8's 5K](https://www.eventbrite.com/registration-for-crazy-8s-5k)

**Entry Procedure:** Send entry form and check before Sept 25, 2019 to the address below. LATE FEE AFTER SEPT 21<sup>st</sup> AND ON RACE DAY. Race Day Fees: Military \$10 (no late fee), SDTC members \$20, non-SDTC members \$25

**Contact Information:** Race Director: Joe Crosswhite 760.723.3257, [joecrosswhite983@roadrunner.com](mailto:joecrosswhite983@roadrunner.com)

Make Checks payable to & mail to: North County Road Runners - 4116 Oak Island Lane, Fallbrook, CA 92028

**Entry Form -- 5<sup>th</sup> annual Crazy 8's 5k – September 28, 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 \_\_\_\_\_

**5K RACE – NO T-SHIRTS**

SDTC /17 & under	\$15.00
Non-SDTC members	\$20.00
MILITARY (no late fee)	\$10.00
After Sept 21 <sup>th</sup> add late fee	\$ 5.00
<b>TOTAL</b>	<b>\$ _____</b>

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 San Diego, 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 \_\_\_\_\_