



Bonita Stampede 8K



**USATF Dirt Dog Cross Country Series
Saturday 26 September 2009**



Race Time: 7:30am

8K Course:

Challenging, scenic run on nature preserve trails

Registration:

- Opens 6:30am (morning of race)
- Fill out attached entry form and mail

Entry Fee:

- \$10 before 21 September 2009
- \$15 after 21 September 2009
- Last day to mail, 21 September 2009

For More Info:

- Race Director: Michelle Esqueda
- Email: fastnprettyfeet@hotmail.com

Location:

Sweetwater Regional Park
5110 Sweetwater Road
Bonita, CA 91902

Directions:

From Interstate 5 & 805 South:

- Hwy 54 East to Briarwood exit
- South on Briarwood to Sweetwater Rd
- Turn left on Sweetwater Rd to entrance of Sweetwater Regional Park

Awards:

- 1st place Male and Female (Open and Master's)
- 3 deep in all age groups

Fill out registration form (please print)

Mail completed entry form and payment to: **Bonita Stampede 8K, P.O. Box 851, Bonita, CA 91908**

First Name

Last Name

Age Group: (check one)

 12 & under 30-34 50-54

Address

 13-17 35-39 55-59

City

State

Zip Code

 18-24 40-44 60-64 25-29 45-49 65-69

Phone

M

F

Age

Date of Birth (mm/dd/yy)

 70+

Email

Please make checks payable to:

Bonita Road Runners (fee is non-refundable)

Waiver must be signed:

I understand that there are risks associated with strenuous exertion and with this event including but not limited to those caused by terrain, weather, the condition of the athlete, vehicular traffic, other participants and lack of hydration. In consideration of the right to participate, I hereby assume all risks associated with this event and I hereby waive, release, and discharge any and all claim for damages, death, personal injury or property damage or action of any kind which may here after occur to me or any other person as a result of my participation in this event. The waiver and release shall be binding on my heirs and assigns and shall run in favor of the promoters, sponsors, officials, municipalities, or any other individual or entities in any way connected with this event though their liability may arise out of negligence or carelessness on their part.

Signature of Athlete

Date

Signature of Parent (if under 18 years of age)