



San Diego Track Club
USATF MASTERS NATIONAL 5K XC
CHAMPIONSHIP

Ursula Rains Balboa Boogie 5K

Saturday, October 13, 2012

8:00 am Open 39 and under

9:00 Masters Women 40+; 9:45 Masters Men 40+



DIVISIONS: *Masters National 5K Cross Country Champions and Open Divisions as below*
12 and under, 13 - 18, 19 - 24, then 5-year age groups

AWARDS:

- * 1st Place Female and Male (Open and Masters)
- * Top 3 in every division, Female and Male
- * First Masters Woman receives the Ursula Rains perpetual trophy.

RACE RESULTS:

Both Races:

<http://www.sdtc.com>; <http://www.sddirtdogs.com> <http://www.sdusatf.org/ldr.html>

Masters Only:

<http://www.usatf.org/Events---Calendar/2012/USA-Masters-5-km-Cross-Country-Championships.aspx>

ENTRY FEE: *Masters and Open mutually exclusive – please read below carefully*

Masters – all masters athletes MUST register via the USATF website and be current 2012 USATF members – no exceptions; Registration fees

\$30 – through Thursday October 4th

\$50 – October 4th – 12th at 5pm

SDTC membership or team discounts do NOT apply for this race

OPEN: SDTC members \$15.00, Non-members \$20.00, under 18 free if entry is registered by 10/6/12

Late Fee (after 10/2/10) add \$5.00 for everyone

ENTRY PROCEDURE:

(1) All registration is online – no paper and no day of race for any race – no exceptions

(2) Open athletes online registration is available at: <http://www.raceit.com/register/?event=11921>

Late Registration after 10/6/12: OPEN ONLY SDTC members \$20.00, Non-members \$25.00, under 18 \$5.00

(3) Masters registration: <https://www.usatf.org/Products---Services/Event-Registration-Form.aspx?e=100438>

*****THERE WILL BE NO DAY OF RACE REGISTRATION – ONLY ONLINE REGISTRATION FOR THIS RACE**

Contact Information: SDTC Race Director Nancy Morris (858) 874-8784 nancybmorris@sbcglobal.net



It is the FOOT LOCKER course in beautiful Morley Field and serves as the USA TRACK & FIELD National Masters 5K Cross Country Championship

Start / finish on Morley Field behind the swimming pool – course is cross country through the park with grass, dirt, small amount pavement

Spikes are permitted but NOT recommended – flats are preferable owing to 12 sidewalk/road crossings and wood chips on course

PLEASE – if you run the Open stay and cheer the fine, fast Masters racing after you -