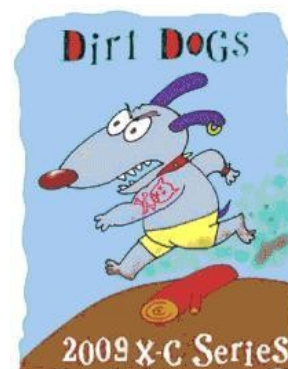


USATF/Asics Dirt Dog Series

Cuyamaca College 6K



Saturday
Oct. 31, 2009
8:00 am
Lindo Lake Park,
Lakeside, Ca



competitor
so★cal

Register on Active.com by midnight Thursday, Oct. 29 - \$10

Registration Day of Race - \$15

Champion Sweatshirts to top finisher in Open and Masters Divisions,
Age Group Medals, and Raffle prizes

Directions: Take 8 Freeway to 67 North, exit on Winter Gardens Blvd. and turn right, go down to Woodside Ave. and turn left, street becomes Lindo Ln. which you follow around the lake and park in lot next to the VFW.

Questions? Contact Patrick Thiss 619-660-4518

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Affiliation _____

Age (day of race) _____ Sex Male / Female

Signature of athlete (18+) _____ Date _____

If athlete is under age 18, this is to certify that my son/daughter has my permission to compete in the Cuyamaca College 5K and related events, is in good physical condition, and that the race officials have my permission to authorize emergency treatment if necessary.

Signature of parent _____ Date _____