



San Diego Track Club 25th Annual Guys and Gals 4 Mile Couples Fun Run



www.sdtc.com

Sunday, February 14, 2010 8:00 am

Race Course: A flat, fast road course in Rose Canyon with one gentle hill. Out on Santa Fe from Damon to the bicycle path at the north end of Santa Fe ... and back.

Location: Parking and registration pick-up is at the SDG&E facility at Damon & Santa Fe Street. Damon is one block north of Balboa Avenue; Santa Fe is one block east of Mission Bay Drive ... it's near the PB In-N-Out Burger.

Race Features: Low-key fun-run with no t-shirts or other frills. Low entry fee. No late fee.

Awards: Insignificant awards.

Early Registration: Mail completed entry form and check by January 31st to race director's address below. Registration material will be distributed at the run.

Day of Race Registration and Bib Pick-up: Starts at 7:00 am - closes at 7:45 am.

More Info: Preliminary race results will be available at the SDTC web site: www.sdtc.com

Teams: Each team consists of one male and one female of any age. The two do not have to be related. In fact, if you cannot find a teammate before race day, come anyway and try to find one at the run. No individual entries. The total age of a team is determined by adding the ages (years plus full months) of the two team members.

Divisions: Division is based on the total age of the couple: 49 and under, 50-59, 60-69, 70-79, 80-89, 90-99, 100-109, 110-119, 120-129, 130-139, 140-149, and 150 & Over.

Scoring: Teams are ranked by the total time of the two entrants.

Records: Teams by total age.

Overall 44:25 (Paul Huddle 20:29, Paula Newby-Fraser 23:56); 0 to 49 - 44:28; 50 to 59 - 44:25; 60 to 69 - 46:15; 70 to 79 - 48:35; 80 to 89 - 47:22; 90 to 99 - 48:18; 100 to 109 - 51:20; 110 to 119 - 56:22; 120 to 129 - 57:01; 130 to 139 - 59:42; 140-149-1:21:26; over 150 - 1:14:15

Men: Paul Huddle 20:29 (1988)

Women: Laura Stuart 23:08 (1992)

Contact Information: SDTC Race Director **Tom Bache** (858) 729-3291

Make checks payable to, and mail to: San Diego Track Club, 1129 Colusa St, San Diego, CA 92110

Entry Form – 25th Annual Guys and Gals 4 Mile Couples Fun Run, Sunday, February 14, 2010

Please print clearly – OK to photocopy

Male's Name _____

Address _____

City/State/Zip _____

E-Mail Address _____

Birth Date ____/____/____

Age on Race Day (years + months) _____

SDTC Member (circle) **Y N**

Entry Fee (circle): \$5.00 SDTC member \$7.00 non-SDTC

How did you hear about this race? _____

Female's Name _____

Address _____

City/State/Zip _____

E-Mail Address _____

Birth Date ____/____/____

Age on Race Day (years + months) _____

SDTC Member (circle) **Y N**

Entry Fee (circle): \$5.00 SDTC member \$7.00 non-SDTC

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 _____

Participant's Signature (Parent sign if under 18 years) _____ Date _____

This race is part of the SDTC Grand Prix Series that determines the top SDTC runners and is part of the Handicap rankings. Check out www.sdtc.com
San Diego Track Club is a 501(c)3 Non-Profit Organization