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San Diego Track Club 46th Sue Krenn 15K

Saturday, March 6th, 2010 7:00 am



DIRECTIONS: Mission Bay Park is west of Interstate 5.
 *Going south on I-5: Take Sea World Drive exit, turn right (west) and right again at first stoplight (East Mission Bay Dr). Go north on East Mission Bay Dr to the parking lot entrance south of the Hilton.
 *Going north on I-5: Take the Tecolote exit, then go left (west) over the freeway. Turn right at the second stoplight and go north to the parking lot entrance south of the Hilton.

RACE COURSE: Starts and finishes south of the Hilton Hotel on East Mission Bay Dr. Playground/picnic areas are nearby. **FAST RUN** The course is 98.7% flat with one loop of Fiesta Island plus sidewalks along Mission Bay Park. USAT&F sanctioned #CA00003RL.

FEATURES: The 15k will have miles marked. Water and Vitalyte every 2-3 miles. Refreshments and goodies at the finish. Results will appear at www.sdtc.com. All female finishers will receive a rose in honor of our dear friend Sue Krenn.

AWARDS: Three deep in each division at race director's discretion. First woman receives the perpetual Sue Krenn trophy. There will be drawings following the race.

REGISTRATION:
Early Bird Registration (before Monday 3/1/10)
 SDTC or USATF Association # 44 members \$25.00, Non-members \$30.00, under 18 \$15.00
 Send race entry form, early bird entry fee and a self-addressed stamped envelope **before** February 27th to the "Contact" address below. Race material will be mailed only if received before March 1st. **Include shirt size for a "No Wussies" technical shirt.**

Late Registration (after 3/1/10 and Day of Race)
 SDTC/USATF \$30.00, Non-members \$35.00, under 18 \$20.00
 Send race entry form and late registration fee **before** Mar 5th to the "Contact" address below.

On-Line Registration: www.Active.com Event # 1822875, Deadline 3/4/10

Day of Race Registration and Bib Pickup
 Race Materials pick-up and Day of Race Registration from 5:50 am to 6:50 am, East Mission Bay Park - Tecolote Shores South

Contact Information: Frank Williamson (619) 578-4666 [willymason@hotmail.com]
 Make checks payable to and mail to: San Diego Track Club, PO Box 371232, San Diego, CA 92137-1232

Entry Form 46th Annual Sue Krenn 15K Run, Saturday, March 6, 2010

Please print clearly – OK to photocopy

NAME: FIRST _____ NAME: LAST _____

Mailing Address _____

City _____ State _____ Zip Code _____ Age _____ Sex _____

Home Phone w/ area code _____ Birth Date (m/d/y) _____

How did you hear about this race? _____

Sue Krenn 15k Run

SDTC members	\$25.00
Non-members	\$30.00
Under 18	\$15.00

Late fee after 3/1 add	\$5.00
Singlet(circle size) S M L XL	

"NO SHIRT" OPTION – By taking this option I **decline** the race singlet and deduct \$15.00 from my registration fee _____ initial and deduct \$15

TOTAL \$ _____

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 and 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 _____

This race is part of the SDTC Grand Prix Series, which determines the top SDTC runners and is part of the Handicap rankings. Check out ww.sdtc.com