



San Diego Track Club Chollas Lake 5K Fun Run

Wednesday, July 14, 2010

Race Time 6:15 pm

A Summer Fun Run



www.sdtc.com

DIRECTIONS: SR 94 to College, North on College. West on College Grove Drive. Chollas Reservoir is at 6350 College Grove Drive. Park in either parking lot or along College Grove Drive.

RACE COURSE: The cross country course starts from the north end of the dam, circles the lake once, heads west (away from lake) down thru a canyon, up a hill, along a plateau, down to the canyon floor to head west again through the canyon, then takes a 180 degree turn and heads up a long hill back into the park to finish at the north end of dam.

RACE FEATURES: Aid station with water and ERG at 1.8 miles. Water and ERG also at the start / finish area.

AWARDS: To the top three finishers Male and Female in the following divisions: 18 & Under, 18-39, 40 and over. Also to the oldest Male and Female Competitor.

RACE RESULTS: Race results will be available on the SDTC website: <http://www.sdtc.com/race-calendar.aspx>

MORE INFO: No t-shirts.

REGISTRATION:

Entry Procedure: Send entry form and check to "Contact" address below.

Early Bird Mail-In Registration: Send entry form & check postmarked by 7/09/10 - SDTC members \$10.00, Non-members \$15.00

Mail-In Deadline: 7/09/10 (Entry forms postmarked after 7/09 will not be processed until Late Fee is paid)

Day of Race Registration and Race bib pick-up from 5:00 pm to 6:00 pm at the basketball court at the north end of dam

Day of Race: SDTC members \$15.00, Non-members \$20.00, Under 18 \$5.00

Contact Information: SDTC Race Director Nick Bernal, 619/251-0000 [nickpbernal@gmail.com] or Tom Bache, 858-729-3291 [tom_bache@yahoo.com]

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

Entry Form – Chollas Lake 5K Fun Run, Wednesday, July 14, 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? _____

Chollas Lake 5K Fun Run

Bib No. _____

SDTC members \$10.00
Non-members \$15.00

**Under 18 free if entry
postmarked by 7/09/10**

Race Day Late Fee \$5.00

No T-shirts

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; 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, 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 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