



www.sdtc.com

San Diego Track Club Lake Murray 3 Mile "Rabbit Run"

Wednesday, June 9, 2010 6:30 pm

Lake Murray Community Park

DIRECTIONS: I-8 to Lake Murray Drive. Go North, left on Baltimore, north to Jackson. Left on Jackson, left on Golfcrest. Golfcrest turns into Murray Park Drive as you go south. Left turn into Lake Murray Community Park.

RACE COURSE: 3 miles with goofy loops along Lake Murray. Most of the run is west of the ball fields on asphalt. 95% asphalt, 5% dirt. Stephen Burch designed the course, so expect the unexpected.

FEATURES: 1 mile and 2 mile points marked. Water, Vitalize and goodies at the end of the race. **Results** will appear at www.sdtc.com.

AWARDS: Per race director's discretion.

T-SHIRTS: There will be no T-shirts for this race

REGISTRATION:

No Early Bird Registration due to late posting of flier

Only Day of Race Registration and Bib Pickup
\$5 SDTC members; \$10 non-members
17 and under free

Race Materials pick-up and Day of Race Registration from 5:15 pm to 6:15 pm, Lake Murray Community Park

Contact Information: SDTC Race Director Stephen Burch (619)-562-8061 arunnerofsdtc@cox.net Make checks payable to and mail to: San Diego Track Club, 2219 Hillslake Dr., El Cajon, CA 92020,

Entry Form Lake Murray 3 Mile "Rabbit Run" Wednesday, June 9, 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? _____

Lake Murray 3 Miler

Bib No. _____

SDTC members \$5.00
Non-members \$10.00
Under 18 \$ 0.00
Late fee after 6/5 add \$5.00

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](http://www.sdtc.com)
The San Diego Track Club is a 503(c) Non-Profit Organization