



San Diego Track Club 44th El Cajon 20K

Saturday, April 3rd, 2010



www.sdtc.com

Race Time 7:00 AM Walkers and Racewalkers 6:30 AM

DIRECTIONS: I-8 East to El Cajon. Exit on Second St. Right (south) to traffic light at Madison. Turn left and go 1 1/2 miles to Fourth St. Start at Granite Hills High School.

Race COURSE: For the 44th time, the San Diego Track Club presents this 12.4-mile race on a scenic course from El Cajon, up Vista Grande, through Singing Hills and over the challenging Dehesa Hill (8.5 mile mark) to a 1/4 mile downhill finish. Splits at 5K, 10K, 10 miles.

Finishers: Every finisher will have the satisfaction of completing this challenging course among good company. After the race, enjoy fresh fruit and *Souplantation* muffins.

Race FEATURES: *IAAF Sanction. *Aid stations with water and Hydrolyte every 2-3 miles. **Optional, beautifully designed short-sleeved shirt (only guaranteed for those who enter by March 27th). \$8.00**

Race RESULTS: Will be posted at www.sdtc.com

Awards: To the top finisher in each division, dependent on the number of entries and the race director's discretion.

Entry Procedure: Send entry form, check, and self-addressed stamped envelope before March 31st to the address below. Race material will be mailed only if received no later than March 31st.

Early Bird Registration -- before Wednesday 3/31/10
SDTC members \$10.00, Non-members \$15.00, under 18 free

Early Bird Signup Day: Saturday, March 27 11:00 am to 2:00 pm Movin Shoes Pacific Beach, 1892 Garnet Avenue San Diego, CA 92109. (858) 373-2310

Late Registration -- after 3/31/10 and Day of Race
SDTC members \$15.00, Non-members \$20.00, under 18 \$5.00

On-Line Registration: www.Active.com Deadline 4/01/10 Look for *El Cajon 20K*

Day of Race Registration and Race Materials pick-up from 6:00 am to 6:45 am, Granite Hills High School parking lot.

Contact Information: SDTC Race Director **Judi Richardson** (619) 284-6065

Make checks payable to, and mail to: San Diego Track Club, 3672 Copley Ave, San Diego, CA 92116

Entry Form 44th EL Cajon 20K Run, Saturday, April 3rd, 2010

Please print clearly – OK to photocopy

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip Code _____ Age _____ Sex _____

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

El Cajon 20K Run

SDTC members \$10.00
Non-members \$15.00
Late fee after 3/31 add \$5.00
under 18 free until 3/31/10

T-shirt (circle size)
S M L XL \$8.00

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 El Cajon, 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)