



# Cougar 5k/8k Challenge

## USATF Dirt Dog Cross Country Series



### 5k/8k Course

- Flat & Fast
- On dirt & grass
- Easy course for PR
- Awards, Drawings, Food

### Date

Saturday October 16, 2010

### Time

women- 5k start: 8:00am  
Men - 8k start: 8:45am

### Registration

- Opens 7:15am (morning of race)
- On The Mangrum Track and Soccer Field
- Fill out entry on right and mail in

### Entry Fee

- \$10 by October 9<sup>th</sup> 2010
- \$15 after October 09, 2010
- \$75 College team only (unlimited)
- Last day to mail, October 12, 2010

### For more info.

- Call (760) 750-7105
- Email [sscott@csusm.edu](mailto:sscott@csusm.edu)

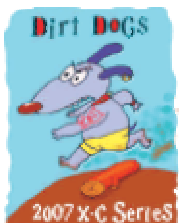
### Directions

From Interstate 5

- Take 78 east, exit Twin Oaks Valley Rd.
- Head south, make a left at the stop light after Barham
- Park in the lot on the left

From Interstate 15

- Take 78 west, exit Twin Oaks Valley Rd.
- Head south, make a left at the stop light after Barham
- Park in the dirt lot on the left



### Entry Form

Saturday Oct. 16, 2010  
5k 8am/8k 8:45am  
\$10 by Oct. 9, 2010  
\$15 after Oct. 9, 2010

Print Clearly & Mail to:

CSUSM Cross Country  
Steve Scott  
333 South Twin Oaks Valley  
San Marcos, Ca 92096

Last day to mail Oct. 12, 2010

### Checks Payable to CSUSM Foundation

First \_\_\_\_\_ Last \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ DOB \_\_\_\_\_

Email \_\_\_\_\_

### Male/Female

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, NCCR, CSUSM, City of San Marcos, 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 yrs)

\_\_\_\_\_ Date \_\_\_\_\_