

USATF/Asics Dirt Dog Series

Cuyamaca College 5K



Saturday, Oct. 27, 2007

8:00 am

Lindo Lake Park, Lakeside



Registration: Register on Active.com by midnight Thursday, Oct. 25 - \$10
Day of Race - \$15



Awards: Champion Sweatshirts to top finisher in Open and Masters Divisions,
Age Group Medals and Raffle prizes

Directions: Take 8 Freeway to 67 North, exit on Winter Gardens Blvd and turn right. Go down to Woodside Ave and turn left, street becomes Lindo Ln which you follow around the lake and park in lot next to the VFW.

Questions? Contact Patrick Thiss 619-660-4518

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Affiliation _____

Age (day of race) _____ Sex Male / Female _____

If athlete is under age 18, this is to certify that my son/daughter has my permission to compete in the Cuyamaca College 5K and related events, is in good physical condition, and that the race officials have my permission to authorize emergency treatment if necessary.

Signature of Parent _____ **Date** _____

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 Cuyamaca College, Grossmont-Cuyamaca Community College District, USAT&F, RRCA, City of Lakeside, 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 _____