San Diego Track Club
Ursula Rains
Balboa Boogie 5K
(5th Race in Dirt Dog Series)
Saturday, October 6, 2007 - 7:30 am

Race COURSE: Start and Finish on Morley Field, end of Texas Street. A challenging run on trails, grass and sidewalks.

DIVISIONS: 12 and under, 13 - 18, 19 - 24, then 5-year age groups through 69, and 70 and over.

AWARDS:
***** 1st Place Female and Male (Open and Masters)
* Top 3 in every division, Female and Male
* First woman receives the Ursula Rains perpetual trophy.

More Info: There will be $15.00 technical t-shirts for sale at the race. Visit the track club's web site at www.SDTC.com

ENTRY FEE: SDTC Members $10.00, Non-Members $15.00, under 18 free if entry is postmarked by 9/29/07.
Late Fee (after 9/29/07) add $5.00.

ENTRY PROCEDURE:
(1) Sign up Saturday, 9/29/07 at Road Runner Sports, 5553 Copley Dr, San Diego, 92111 12 noon - 2 pm, or
(2) Send entry form and check postmarked by 9/29/07 to the "Contact" address listed below. If check is postmarked after 9/29/07 be sure to include late registration fee. All entry forms/checks must be postmarked by 10/2/07.
Late Registration (after 9/29/07 and Day of Race): SDTC members $15.00, Non-members $20.00, under 18 $5.00.

Contact Information: SDTC Race Director Nancy Morris (858) 874-8784
Make checks payable to, and mail to: San Diego Track Club, 6353 Caminito Del Cervato, San Diego, CA 92111

Entry Form – Ursula Rains Balboa Boogie 5K, Saturday, 10/6/07
Please print clearly – OK to photocopy

Name: First Last

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Mailing Address _____

City _____ State ____ Zip Code _____ Age _____ Sex ____

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

Ursula Rains Balboa Boogie 10/6/07

Bib No. _____

SDTC members $10.00
Non-members $15.00
Under 18 Free if entry is postmarked by 9/29/07

Late fee after 9/29/07 add $ 5.00

TOTAL **$**_____

T Shirts for sale at the race

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, 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 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(3)c Non-Profit Organization