



San Diego Track Club

25th Annual Mainly Masters 10K

Saturday, December 6, 2008

Open Race - 7:30 am Masters Race - 8:00 am



RACE COURSE: Make sure you are on Fiesta Island by 7:00 am! The island will be closed to traffic at 7:00 am. Start and finish on the northwest side of Fiesta Island. Just west of I-5, Sea World Drive exit. Park on the northwest side of the island between the start and finish lines. Race consists of one inner and one outer loop of the island. Each mile will be marked. Course map available at the SDTC web site www.sdtc.com/races.html

FEATURES: Separate Open and Masters races. Flat, fast, certified course. Water, ERG and finish-line refreshments.

AWARDS: Three deep in each age division.

RACE RESULTS: Preliminary race results will be available first at the SDTC message board: www.sdtc.com/forum/ then at the results web page: www.sdtc.com/results.html

ENTRY FEE: SDTC Members \$10.00, Non-Members \$15.00, Under 18 free if entry is postmarked by 11/29/08. Late Fee (after 11/29/08) add \$5.00.

ENTRY PROCEDURES (Choice of three ways to sign up):

- (1) On-Line at http://www.active.com/event_detail.cfm?event_id=1639841
- (2) Sign up Saturday 11/29/08 at Road Runner Sports, 5553 Copley Dr, San Diego, 92111 12 noon - 2 pm
- (3) Send entry form and check postmarked by 11/29/08 to the "Contact" address listed below. If check is postmarked after 11/29/08 be sure to include late registration fee. All entry forms/checks must be postmarked by 12/01/08.

Late Registration (after 11/29/08 and Day of Race): SDTC members \$15.00, Non-members \$20.00, Under 18 \$5.00.

Contact Information: SDTC Race Director Peter Stern (619) 223-2599 [dynabar@yahoo.com]
Make checks payable to and mail to: San Diego Track Club, 3050 Rue D'Orleans #360, San Diego, CA 92110

Entry Form – Mainly Masters 10K, Saturday, 12/6/08

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? _____

Mainly Masters 10K 12/6/08

Bib No. _____

SDTC members	\$10.00
Non-members	\$15.00
Under 18	Free

Late fee after 11/29/08 add \$ 5.00

TOTAL \$ _____

No T Shirts

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(c)3 Non-Profit Organization