www.sdtc.com

# San Diego Track Club
# 58th Balboa Park
# 8/3 Mile Runs

**Saturday, August 4, 2012 7:30 am**

**DIRECTIONS:** Pan American Plaza, Balboa Park: 6th Avenue to El Prado, South on Plaza de Panama to Pan American Road West, park in Pan American Plaza. Via I-5: Take B Street west to Park Blvd, right on Park Blvd to President's Way, left on President's Way to Pan Am Plaza.

**RACE COURSE:** 8 mile starts and finishes southeast of the Spreckels Organ Pavilion on Pan American Road East. 3 Mile starts 42 yards Northeast of 8 mile start. The 8 mile course is 50% dirt/grass and 50% roads. 3 mile is 95% roads/sidewalks. 8 mile starts @0730, 3 mile @0745.

**FEATURES:** The 8 mile will have miles marked. Water and Vitalyte at strategic points. Refreshments and goodies at the finish. Results will appear at www.sdtc.com. Post Race festivities near Recital Hall.

**AWARDS:**
**8 miler:** Three deep in each division: Men and Women 1-12; 13-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and over
**3 miler:** more age awards this year: Same as 8 except for 13-18 will be split into 2 categories:13-15, 16-18

**REGISTRATION:**
**Early Bird Registration (before Monday 7/29/12)**
8 miler: SDTC members $12.00, Non-members $17.00, under 18 $5.00
3 miler: SDTC members $7.00, non-members $12.00, under 18 $5.00
Send race entry form, entry fee ***before*** July 29th to the "Contact" address below.

**Late Registration (after 7/29/12 and Day of Race)**
8 miler: SDTC members $15.00, Non-members $20.00, under 18 $5.00
3 miler: SDTC $10.00, Non SDTC $15.00, under 18 $5.00. Send race entry form and late registration fee ***before*** July 29th to the "Contact" address below.

**On-Line Registration: www.Active.com** Deadline 8/2/12

San Diego Track Club Balboa 8 and 3 Mile Runs

**http://www.active.com/event_detail.cfm?event_id=2043122**

**Day of Race Registration and Bib Pickup**
Race Materials pick-up and Day of Race Registration from 5:50 am to 7:20 am, Pan American Plaza, Balboa Park

**Contact Information:** Joe Crosswhite 760-723-3257 [joecrosswhite@roadrunner.com] Checks payable to: San Diego Track Club: Send to: 4116 Oak Island Lane, Fallbrook, CA 92028 (also contact Stephen Burch 619-562-8061 [arunnerofsdtc@cox.net] )

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**Entry Form 58th Balboa Park 8/3 Mile Runs, Saturday, August 4, 2012**
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? _____

Balboa 8/3 **Bib No. _____**

**8 Mile Run**
SDTC members $12.00
Non-members $17.00
Late fee after 7/29 add $3.00
Under 18 (no late fee) $5.00
**3 Mile Run**
SDTC members $7.00
Non-members $12.00
Late fee after 7/29 add $3.00
Under 18 **(no late fee)** $5.00
**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 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