

DOLPHIN SOUTH END RUNNERS PRESENT

## **Waterfront 10M & 5K**

Sunday, January 19, 2014 10M: 8:00am 5K: 8:10am

Location: S/F Sierra Point Marina, 400 Sierra Point Parkway, Brisbane

### **FEES & ENTRY INSTRUCTIONS**

Complete form below & send with check made payable to "DSE". Mail to Janet Nissenson, 1214 Oddstad Blvd., Pacifica CA 94044. Send a SASE for your bib number (or pick up race day). You can also register online at [www.active.com](http://www.active.com) until 48 hours prior to the race.

**FEES:** 10M: DSE members \$5 and non-members \$8 through 1-7-14. After 1-7-14 and race day DSE members \$8 and non-members \$10. 5K: DSE members \$3 and non-members \$5 through 1-7-14. After 1-7-14 and race day DSE members \$5, non-members \$7. MAILED IN APPLICATIONS MUST BE **RECEIVED** NOT POSTMARKED BY 1-7-14 in order to receive the discounted fee.

**AWARDS:** Finisher ribbons to all participants. Male/Female Age Division awards 3-deep in following categories: 18 & under, 19 -29, 30-39, 40-49, 50-59, 60-69, 70+ for both the 10M and 5K races. *Results will be posted at [www.dserunners.com](http://www.dserunners.com) within 48 hours after the race.*

**COURSE DESCRIPTION:** Both courses run along the flat, paved and scenic Bay Trail through Sierra Point and Oyster Point. 10M turnaround is past Point San Bruno/Genentech, 5K turnaround is prior to Oyster Point. **USATF CERTIFIED COURSES (10M #CA12024TK, 5K #CA12025TK)** 10M COURSE CLOSSES AT 10:15AM. NO SUPPORT/TIMING AFTER THAT TIME. SLOWER RUNNERS CAN CHOOSE TO START PRIOR TO 8:00AM AND SELF-TIME.

**AID STATIONS:** 10M course will have two aid stations, at approximately 3.5M and 7M. Water and electrolyte drink provided.

For more information, please see [www.dserunners.com](http://www.dserunners.com) or call the Race Hotline at (415) 978-0837 or email [dserunclub@aol.com](mailto:dserunclub@aol.com).

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### **WATERFRONT 10M & 5K**

PLEASE PRINT CLEARLY

Event entering (circle one):      10M                      5K

Entry fee: \$ \_\_\_\_\_

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NAME	Age on Race Day	GENDER	
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ADDRESS	CITY	STATE	ZIP
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PHONE	EMAIL ADDRESS
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In consideration of your accepting my entry, I intend to be legally bound and hereby for myself, executors and administrators, waive and release forever any and all rights and claims or damages that I may accrue against the Dolphin South End Running Club, race directors and volunteers, San Francisco Recreation & Parks Department, City & County of San Francisco, any and all sponsors of the race, their successors, representatives and assigns for any and all injuries suffered by me and companions while traveling to and from and while participating in this race. I consent to having my name and photograph of me used for media purposes. I understand and agree that the athletic event is an extreme test of my physical and mental limits and there is a possibility that I may suffer property loss, serious injury or death. I further attest and certify that I am physically fit and have had my physical condition verified by a licensed medical doctor. I allow my image to be used for publicity purposes. I HEREBY FREELY AND VOLUNTARILY ASSUME RISKS OF PARTICIPATING IN THIS EVENT. I HAVE READ AND FULLY UNDERSTAND ALL OF THE ABOVE.

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SIGNATURE	DATE
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