

St. Francis School Presents



3 Mile Race And 1 Mile Fun Run

Saturday February 27, 2010



Buena Vista Park and Pond

1749 Shadowridge Drive in Vista

Race Times: 8:00 a.m. Men - 8:30 a.m. Women

1 Mile Fun Run for Kids 9:30 a.m.

Registration ends 10 minutes before each race.

Pancake Breakfast will be available



Directions: The Buena Vista Park and Pond is located at the intersection of Antigua and Shadowridge Drive in south Vista. **From Hwy 78 eastbound**, exit Melrose and go right (south) for 2 ½ miles. Turn right on Shadowridge for 3/10 mile, then left on Antigua which enters the park.

From Hwy 78 westbound, exit Vista Village Drive and turn left (south). Turn right on Hacienda, then left on Melrose for 2 ½ miles. Turn right on Shadowridge for 3/10 mile, then left on Antigua.

Race Course: This course is mostly unpaved and located in a wetlands area surrounding a small duck pond. Several indigenous plants surround the area for a real feel of nature.

Awards: 3 Mile -1ST PLACE Male and Female (Open and Master's). Three deep in 5 year age groups, Male and Female, 12 and under to 70+. **1 Mile run** - All registrants receive participation ribbon.

REGISTRATION: Proceeds from these races benefit the children of St. Francis of Assisi Catholic School.

Entry Procedure: Send entry form and check before February 22 to the address below.

Late Registration: Received after February 22 and day of race: \$25 for 3 mile, \$15 for children's Fun Run

Contact Information: Race Coordinator: Julie Kaiser 760-630-7960, email jkaiser@sfs-vista.org

Make checks payable and return to: St. Francis School, 525 W. Vista Way, Vista, CA 92083

Entry Form - 3 Mile Race and 1 Mile Fun Run – Saturday, February 27, 2010 – please print clearly

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip _____ Age _____ Sex _____

Hm phone _____ Birth Date _____

Email _____

3 mile	\$20.00
1 mile (14 & under)	\$10.00
Late fee after 2/22/10	\$ 5.00

Total \$ _____

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 St. Francis School, City of Vista, County of San Diego, and all promoters sponsors, officials and individuals of 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 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.

Participant's Signature (Parent sign if under 18 years) _____ Date _____