

San Juan Capistrano

10K Trail Run

Saturday October 1, 2011

**The Proceeds from this fundraiser will support
SJC Rotary community programs and the City's
improvements to our multi-use trails.**

Start: 7:30 AM

Location: The trail head at the east end of Camino Las Ramblas, off Hwy 5, SJC.

Course: The off-road course is wide but a very challenging run through the hills.
Water is provided at frequent aid stations. The elevation change is 850 feet.

Entry Fee: \$35 before race day (no refunds). **This is a special rate for OC Trail Tales.**

Entry fee includes: Official race T-shirt.

Overall Winners - First, Second and Third - men and women

Age group awards - First, Second and Third

Event parking - only on Camino Las Ramblas

For online registration, course map and directions to start: www.sanjuantrailrun.org

SAN JUAN CAPISTRANO 10K TRAIL RUN REGISTRATION FORM

Saturday, October 1, 2011

Make check payable to:
SJC Rotary Club in the amount of \$35
(\$40 on day of race)

Send entry to or deliver by hand to:
SJC RIDGE EVENT, City of San Juan Capistrano Community Services
25925 Camino Del Avion, San Juan Capistrano, CA 92675

Name: _____ Age _____ Sex: M F T-shirt: S M L XL
Address _____ City _____ State _____ Zip _____
Home Phone _____ Cell _____ Email: _____

I agree for myself, or for the minor(s) registered for who I am responsible, that participation in the San Juan Capistrano Trail Run on October 1, 2011 is at my own risk. I further agree to indemnify and hold harmless the City of San Juan Capistrano, San Juan Capistrano Rotary Club and any of their officers, agents, or employees from any liability or claim or action for damages resulting from or in any way arising out of the participation in the San Juan Capistrano 10K Trail Run. I further consent to emergency medical treatment and to pay for all costs incurred as a result of said treatment.

I HAVE READ AND UNDERSTAND THE REGULATIONS AND LIABILITY FORM AND AGREE TO ABIDE BY THEM.

Signature: _____
(Participant or parent if runner is under 18 years of age.)

Date: _____