



**San Diego Striders Athletic Club**  
**3<sup>rd</sup> Annual JK8K**  
**Celebration of Life for Jim Kurtz**  
**5<sup>th</sup> Race in the Dirt Dogs Series**  
**Sunday, October 13th, 2024**  
**8:00 AM Masters - 9:00 AM Open**



**RACE COURSE:** If using GPS, enter at **831 Elm St.** for your entrance to Wellfield Park, Ramona. Start and Finish lines are at the North Soccer Field. The course is an 8-kilometer dirt trail over mostly flat terrain with some moderate hills.

**Directions:** From Hwy 67/Main St. Ramona, turn Northwest onto 7th St. Follow around to Elm St. Turn right into Wellfield Park at Cedar St. From Hwy 78 turn onto Haverford Rd. continue on and turn right onto Elm St. Then turn left into the Park at Cedar St. Gates open at 6:00AM. Ample parking straight ahead. **Again, use 831 Elm St. if using Google Maps.**

**AGE DIVISIONS: Open, 39 and under with age groups:** 12 and under, 13-18, 19-24, 25-29, 30-34 and 35-39.  
**Masters 40 and above with 5-year age groups** through 84 and above.

**AWARDS:**

- 1<sup>st</sup> Place for Female and Male Open and Masters races.
- Top 3 Female & Male in every age group for both Open and Masters races.

**RACE RESULTS & DIRT DOGS SERIES INFORMATION:** [www.SanDiego.usatf.org](http://www.SanDiego.usatf.org)

**ENTRY FEES:**

**EARLY REGISTRATION** fees after August 4th: \$15 by mail-in or online

-- **Mail-In registration received by Wednesday, October 9th, accepted.**

Mail entry form & check made out to **Kent Richardson, PO Box 404, Ramona, CA 92065**

-- **Online registration is available until Friday, October 11th, at 5:00pm PDST at:**

[https://events.com/r/en\\_US/registration/jk8k---celebration-of-life-for-jim-kurtz-ramona-october-932406](https://events.com/r/en_US/registration/jk8k---celebration-of-life-for-jim-kurtz-ramona-october-932406)

**RACE DAY REGISTRATION** fee: **\$25 CASH ONLY!!!!!!!**

Contact Information: Race Directors: **Kent Richardson** [kentrichardson@yahoo.com](mailto:kentrichardson@yahoo.com) (760) 789-8532 or **Alan Olson (858) 401-3941**

**Note: Open runners, please stay off the course during the Masters Race.**

**Entry Form for JK 8K, Sunday, October 13<sup>th</sup>, 2024**

Please print clearly – OK to photocopy

**Bib No.** \_\_\_\_\_

FIRST NAME \_\_\_\_\_ LAST NAME: \_\_\_\_\_

**ENTRY FEES**

**August 4<sup>th</sup> \$10.00**

Mailing Address \_\_\_\_\_

@ RRS 10am – 12pm Only

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

5553 Copley Dr. San Diego

Phone # w/ area code \_\_\_\_\_ Birthdate (m/d/yyyy) \_\_\_\_\_

**Mail-In/Online \$15.00**

**Race Day \$25.00**

How did you hear about this race? \_\_\_\_\_

**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 such as 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 SDSAC, USATF, City of Ramona, County of San Diego, Ramona Parks and Recreation Association, Ramona Municipal Water District, Ramona Soccer League 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 USATF 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 old) \_\_\_\_\_ Date \_\_\_\_\_