

SAN DIEGO
Striders



San Diego Striders Athletic Club

4th Annual JK8K

Celebration of Life for Jim Kurtz

5th Race in the Dirt Dogs Series

Sunday, October 12th, 2025

8:00 AM Masters - 9:00 AM Open

ROADRUNNERSPORTS
MAKE EVERY MILE COUNT



DIRT DOGS
Cross Country



USATF
SAN DIEGO

RACE COURSE: If using GPS, enter at 831 Elm St. for your entrance to Ramona Community Park. 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 Ramona Community 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. **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: ▪ 1st 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: <https://sandiego.usatf.org/disciplines/cross-country>

ENTRY FEES

EARLY REGISTRATION @ Road Runner Sports August 3rd 10am – 2pm only, 5553 Copley Dr, San Diego: **\$15.00**

EARLY REGISTRATION after August 3rd: **\$20.00** by mail-in or online

-- Mail-In registration received by Wednesday, October 8th, accepted.

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

ONLINE REGISTRATION is available until Friday, October 10th, at 5:00pm PDST at:

https://events.com/r/en_US/registration/4th-annual-jk8k---celebration-of-life-for-jim-kurtz-ramona-october-989119

RACE DAY REGISTRATION: **\$25.00** - cash, check or Venmo accepted

Contact Information: Race Directors: **Kent Richardson** 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 12th, 2025

Please print clearly – OK to photocopy

Bib No. _____

FIRST NAME _____ LAST NAME: _____

Mailing Address _____

City _____ State _____ Zip Code _____ Age _____ Sex _____

Phone # w/ area code _____ Birth date (m/d/yyyy) _____

How did you hear about this race? _____

ENTRY FEES

August 3th \$15.00

@ RRS 10am – 12pm Only
5553 Copley Dr. San Diego

Mail-In/Online \$20.00

Race Day \$25.00

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 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 _____