

DOLPHIN SOUTH END RUNNERS PRESENT

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

Sunday, January 22, 2012 10M: 8:00am 5K: 8:10am

Location: S/F Aquatic Park, Jefferson & Hyde Streets, San Francisco

### **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 1-10-12. After 1-10-12 and race day DSE members \$8 and non-members \$10. 5K: DSE members \$3 and non-members \$5 through 1-10-12. After 1-10-12 and race day DSE members \$5, non-members \$7. MAILED IN APPLICATIONS MUST BE **RECEIVED** NOT POSTMARKED BY 1-10-12 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 through Fisherman's Wharf/Embarcadero, 5K turnaround is near Pier 11. 10M course continues past AT&T Ballpark, through China Basin, with turnaround near Illinois & 25<sup>th</sup> Streets. Both courses are very flat and scenic. 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 aid station is located just past the Lefty O'Doul Bridge on Terry Francois Street. Runners will pass by here near miles 3.5 and 7. 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

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