

DOLPHIN SOUTH END RUNNERS PRESENT  
**Lake Merced Half Marathon**  
Sunday, September 7, 2014 8:00am  
Location: S/F Sunset Blvd. parking lot at Lake Merced, San Francisco

**FEES & ENTRY INSTRUCTIONS**

Complete form below & send with check made payable to "DSE". Mail to Kevin Lee, 582 – 27<sup>th</sup> Avenue, San Francisco, CA 94121. 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. Your entry fees help the Dolphin South End Runners promote low-cost races and running in San Francisco. Race day registration begins at 7:00am.

**FEES:** \$5 for DSE club members, \$8 for non-members. After 9/1/14 (and race day), members are \$8, non-members \$10.

**AWARDS:** Finisher ribbons to all participants. Male/Female Age Division awards 3-deep in following categories: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Results will be posted at [www.dserunners.com](http://www.dserunners.com) within 48 hours after the race.

**COURSE DESCRIPTION:** Run three clockwise loops around Lake Merced, staying entirely on paved pedestrian path before merging left to the straightaway finish back at Sunset Blvd. parking lot. NOTE: the first two loops are a full circuit of the lake. The third loop is a shortcut that traverses a dirt trail/concrete bridge before reconnecting with the paved pedestrian path. COURSE CLOSSES AT 11:00AM. NO SUPPORT/TIMING AFTER THAT TIME. RUNNERS WHO WILL TAKE LONGER THAN 3 HOURS TO COMPLETE THE COURSE **MUST START PRIOR TO 8AM AND SELF-TIME.**

**AID STATIONS:** Two aid stations – one at the Start/Finish area and the second at approximately the 2.5 mile mark near the fishing bridge on John Muir Drive – will give runners the opportunity to refuel twice each loop (total of five aid station stops). Water and electrolyte drink will be provided and limited snacks.

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).

**VOLUNTEERS NEEDED!** Contact Diann Leo at [diann.michele@gmail.com](mailto:diann.michele@gmail.com) if you can help

---

**LAKE MERCED HALF MARATHON – SEPT. 7, 2014**

PLEASE PRINT CLEARLY

---

NAME Age on Race Day GENDER

---

ADDRESS CITY STATE ZIP

---

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.

---

SIGNATURE

DATE