

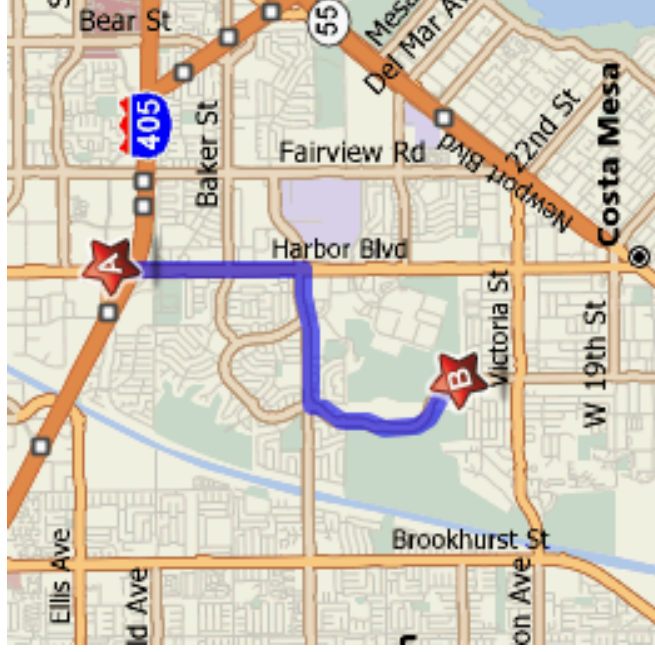
WAIVER: I hereby release Orange Coast College, County of Orange, the City of Costa Mesa, Orange Coast College Cross Country Team and all other sponsoring company(ies) or agency(ies) or individual(s) involved in the event from responsibility for any injuries or damages I may suffer as a result of my participation in The Open 5K Race/Run. I hereby consent to receive medical treatment which may be deemed advisable during this event and understand that I am solely responsible for all costs relating to medical transportation and/or evacuation. I will additionally permit the use of my name and pictures, broadcasts, telecasts, newspapers brochures, etc. and I also understand that the numbers are not transferable. As a participating athlete, I certify that I am in good health to participate in this event race and that all information provided in this form is true and complete.

SIGNATURE OF ATHLETE (OR PARENT IF ATHLETE IS UNDER 18)

DATE

Directions From the 405 (San Diego) Freeway:

1. In Costa Mesa, exit Harbor Blvd, South.
2. Proceed South on Harbor for just over one mile toward Adams Avenue.
3. Turn right (West) on Adams toward Placentia Avenue for just under one mile.
4. Turn left on Placentia Avenue toward Estancia High School.
5. Go past Fairview Park (on your right) and turn right into Estancia High School parking lot @ 2323 Placentia Avenue.
6. Walk to Fairview Park (directly next door to Estancia HS) @ 2501 Placentia Avenue.



**ORANGE COAST
COLLEGE**



**Cross Country
Presents
Coast Classic
Open 5K
Saturday
September 19, 2009
9 AM Start**

Orange Coast College Cross Country Presents

Coast Classic Open 5K Saturday, September 19, 2009

Come join the fun

*While supporting a fundraising effort for the
2009 OCC Cross Country Team*

Race time: 9am – Open 5K race/run

Parking: All Open race participants and spectators MUST park in the Estancia High School parking lot. **NO PARKING** will be allowed at the Fairview Park site. College teams and race officials ONLY.

Course: A 5K cross country course through Fairview Park. The course will be well marked and we will have a lead cyclist. Race day check-in/staging will take place at Fairview Park.

Registration Procedures

By Mail: Early Mail in registration
\$25 per individual includes
a race T-Shirt & pancake breakfast.

Make Check Payable to: "OCC Cross Country"

Mail this entry form and your entry fee check by 09/12/09 to:

Orange Coast College
Cross Country, Attn: John Knox
2701 Fairview Road,
Costa Mesa, CA 92628

Registration Procedures (continued)

Race Day: \$30 per individual includes a race T-Shirt & pancake breakfast. In person registration on the morning of the race from 7 - 8:30 am at Fairview Park.
Cash or Check payable to "OCC Cross Country"

T-Shirt: Mail in entry participants can pick up your race bib number and T-Shirt, between 7 - 8:30 am at Fairview Park.

Race Day Awards:

Top fifteen men and women in open race will receive award immediately after the race. Top Male and Female finisher will also receive a \$50 gift certificate from Snail's Pace Running Store.

Finish Chute:

Make sure that you stay in the finish chute. If you leave the chute before we collect your race number, you will be disqualified from the race.

Results: Finish times will be posted by age group finish at the conclusion of the race.



Information: If additional information needed please call
Assistant Coach
John Knox @ 714-432-5890
or Assistant Coach
Dave Fier @ 949-631-6441

CUT HERE

MAIL IN ENTRY FORM—Please Print legibly—Mail entry form and fee to:

Orange Coast College, Attention: John Knox, 2701 Fairview Road, Costa Mesa, CA 92628

Coast Classic Open 5K ~ September 19, 2009 @ 9:00AM

Office Use Only

Make checks payable to: "OCC Cross Country"

Name: _____

Address: _____

Mail In Fee \$25

Race Day Fee \$30

City: _____

T-Shirt Size: _____ S/M/L/XL

Sex: _____ M _____ F

Age on Race Day: _____

*** SIGNATURE REQUIRED ON WAIVER FORM ON THE REVERSE SIDE OF THIS FORM!