

On Saturday, September 26, 2009 Mission Hills High School
and the City of San Marcos present



**THE MISSION HILLS
SHOWDOWN AT SUNDOWN**

*An exciting community and school 5K evening race event to benefit
San Marcos Schools and the City of San Marcos Parks and Trails*

ALL RACES WILL ALL BE HELD AT THE NEW HOLLANDIA PARK IN SAN MARCOS. PARKING IS AT MISSION HILLS HIGH SCHOOL:
844 MISSION RD, SAN MARCOS, CA 92069. ON-LINE REGISTRATION AND RACE INFORMATION WEBSITE:

www.sundown5k.com

FIRST NAME _____ LAST NAME _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

AGE _____ GENDER _____ BIRTH DATE _____

PHONE (w/AREA CODE) _____

EMAIL ADDRESS _____

COMMUNITY DIVISION _____ OPEN MEN'S _____ OPEN WOMEN'S
(Time of race: 5:00 pm)
_____ BOYS (17 and under) _____ GIRLS (17 and under)

NON CROSS-COUNTRY SCHOOL TEAM* _____
(time of race: 5:00 pm) (name of school and team)

*team competition will be held during the community race block

_____ ELITE WOMEN (time of race: 5:50 pm--must have run 21:00 or better after 10/1/08)

_____ ELITE MEN (time of race: 6:20 pm--must have run a 18:00 or better after 10/1/08)

CHECKS PAYABLE TO: MISSION HILLS CROSS COUNTRY

Waiver must be signed before entry is accepted.

I, the undersigned, understand that there are risks and hazards associated with strenuous races of this caliber. These risks include terrain, weather, physical condition of the runner, vehicles, and proper or improper hydration and preparation. As consideration for the right to participate in the above event, I agree that I, my assignees, heirs, guardians and legal representatives will hold the City of San Marcos and its employees, Mission Hills High School, San Marcos Unified School District, Mission Hills Church, members of the Race Committee, and all promoters, sponsors, and individuals connected with this event harmless from and against any and all liability for any injury or damage which may be suffered arising out of or in any way connected with my participation in this activity. I understand that running is a potentially dangerous sport that can result in serious injury or death. I understand the City of San Marcos has no insurance for the participant's benefit. I also understand that the City may also take photographs for use in City publications, web sites, and news releases without my further written consent, and that this waiver constitutes my consent for the City's use of the same. I have carefully read this release and fully understand its contents.

Participant Signature (Parent must sign for those under 18) _____ Date _____

RACE FEES (non-refundable)

\$28.00 before 9/5/09

\$32.00 after 9/5/09 or on race day

\$45.00 per non cross-country school team

\$15.00 under 14

Race day registration will begin at 3:30 p.m. at booths located near Mission Hills Church.

RACE EVENTS:

4:00 pm Middle school official Cross Country teams

5:00 pm Community and Elite races

6:45 pm High School official Cross Country Teams

Mail Race Entries to:

Ryan Sharp, Race Director

1 Mission Hills Court

San Marcos, CA 92069