

The Contra Costa Cheetahs, East Oakland Track Group and High Speed Track Club are happy to invite you to the:

Fourth Annual

# Joaquin Miller Hill Run

<b>This event will adhere to all applicable USATF rules.</b>		<b>Sunday October 16, 2016</b>			
		Joaquin Miller Park, Oakland, CA			
<b>\$7 per athlete</b>  Cash or Money Order Only		Registration: 8:00-9:00 AM			
		Course Walk: 9:00 AM			
		First Race: 10:00 AM			
		Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place in each division			
		Races will be contested in order listed: (girls first, then boys)			
		<u>Age Groups:</u>	<u>Year of Birth</u>		
		8 and under	2008	2K-Girls	2K-Boys
		9-10	2006-2007	3K-Girls	3K-Boys
		11-12	2004-2005	3K-Girls	3K-Boys
		13-14	2002-2003	4K-Girls	4K-Boys
		15-18	1998-2001	4K-Girls	4K-Boys
		<small>(age on 12/31/2016)</small>			
		<small>Some races may be combined depending on number of participants Awards will be given to top finishers in each division</small>			

Day of the meet registration will be available. Clubs are encouraged to use online registration available at:

<http://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=125295> fees paid at the meet, cash or money order only.

The Joaquin Miller Hill Run features challenging 2, 3 and 4 kilometer courses through historic Joaquin Miller Park in the Oakland Hills. The 3K and 4K courses include challenging grades and some narrow trails. The courses are primarily rocky dirt trails, with some grass and limited asphalt. No spikes are allowed.

Registration and the Start/Finish Line are located in the Lower Meadow on the north side of Sanborn Drive



# Joaquin Miller Park

Joaquin Miller Road @ Sanborn Drive  
Oakland, CA 94602

## Directions:

### San Francisco/ North Bay:

- Take 580-East to 24-East to 13-South
- exit Joaquin Miller Road/Lincoln Ave.
- Left on Monterey Blvd
- Left on Joaquin Miller Road, (up the hill)
- entrance to the park will be on your left at Sanborn Drive

### Sacramento:

- Take 680-South to 24-West to 13-South
- exit Joaquin Miller Road/Lincoln Ave.
- Left on Monterey Blvd
- Left on Joaquin Miller Road, (up the hill)
- entrance to the park will be on your left at Sanborn Drive

### South Bay:

- Take 880-North to 238-South to 580-West to 13-North
- Exit Joaquin Miller Road
- Right on Joaquin Miller Road (up the hill)
- entrance to the park will be on your left at Sanborn Drive

## Parking:

Free parking is available in the park at Woodminister Theater and on Joaquin Miller Road. All roads within Joaquin Miller Park are fire access roads. **Any vehicles parked illegally or blocking emergency vehicle access will be towed without warning.**

## Entry Form,

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT  
Specific Event Waiver Form for MINORS (Under Age 18) :

**Joaquin Miller Hill Run      Joaquin Miller Park      Oakland, CA      10/16/2016**

<b>Athlete Name:</b>	<small>Last</small>	<small>First</small>
<b>Address:</b>		
<b>Team Name:</b>		
<b>Date of birth:</b>	<small>Month</small>	<small>Day</small>
		<small>Year</small>
<b>Gender:</b> <small>(check one)</small>	Female	Male

For and in consideration of USA Track & Field, Inc. ("USA Track & Field") allowing the minor identified above to participate in the USATF sanctioned event described above (the "Event" or "Events"); I, for myself, and on behalf of Minor, and the Minor's parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am the parent or legal guardian of the Minor; (ii) the Minor is in good health and in proper physical condition to participate in the Event; and (iii) the Minor is not under the influence of alcohol or any illicit or prescription drugs which would in any way impair the Minor's ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether the Minor is sufficiently fit and healthy enough to participate in the Event, that I am responsible for the Minor's safety and well being at all times and under all circumstances while at the Event site.
2. I understand and acknowledge the risks and dangers associated with the Minor's participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and will represent an extreme test of the Minor's physical and mental limits. I understand that the Minor's participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizer; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by the Minor's own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and on behalf of the Minor, I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which may be incurred as a result of the Minor's participation in any Event.
3. I understand that the Minor is required to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for the conduct and actions of the Minor while he or she is participating in the Event, and the condition and adequacy of the Minor's equipment.
4. On behalf of the Minor, I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USA Track & Field, Inc., its members, member clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the Event Directors, Organizers and Promoters, Sponsors, Advertisers, Coaches and Officials; the Host Organization and the Facility, Venue and Property Owners or Operators upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to the Minor's participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, the Minor, or anyone on the Minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and authorized to enter into this Agreement on behalf of the Minor, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the Minor, the Minor's parents/legal guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

X \_\_\_\_\_  
Signature of Parent/Legal Guardian for Minor

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
date signed