

TEAM ONALYSIS

Hosts

A USATF Sanctioned Cross Country Meet at Golden Gate Park, Polo Fields in San Francisco Sunday, October 28, 2018

Schedule:

8:00 am – 9:00 am Registration

9:00 am Course Walk

10:00 am First Race Starts

Race order:

Age	Division	Distance	Year of Birth
8 & Under	1	2K (1.25 miles)	2010+
9 – 10	2	3K (1.87 miles)	2008 – 2009
11 – 12	3	3K (1.87 miles)	2006 – 2007
13 – 14	4	4K (2.5 miles)	2004 – 2005
15 – 16	5	5K (3.1 miles)	2002 – 2003
17 – 18	6	5K (3.1 miles)	2000 – 2001

Races will be co-ed when possible

Awards to the top 8 finishers in each division.

Entry Fee: \$7.00

Parking: Free!

Contact Info:

Nancy Lambert-Campbell or Otis Campbell

415-244-1047 or 510-459-1501

nancylambertcampbell@gmail.com or otiscampbell@gmail.com

Team Onalysis Cross Country Meet Entry Form and Waiver

Name _____ Team _____

Age Group (circle one): 1 2 3 4 5 6 Male ___ Female ___ Bib # _____

PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Event Name: Team Onysis Cross Country Meet
Meet Event Location: Golden Gate Park Polo Fields
Event Date(s): October 28, 2018 S
Sanction #: C18087684

In consideration of acceptance of this entry, I, intending to be legally bound for myself, heirs, executors, administrators, successors and assigns, hereby waive and release from all rights, claims and causes of actions that I may have against the persons, sponsors, and organizations affiliated with this event, including but not limited to: Team Onalysis Track Club, The City of San Francisco, Recreation and Park, and Golden Gate Park. I hereby represent that I am physically fit and have trained sufficiently for this event. I attest that I have full knowledge of the risks involved in a cross country race, that injuries often occur and that I assume all expense in case of an accident, illness or other incapacity. Parent or guardian must sign the waiver for all athletes under 18 years old.

For and in consideration of USA Track & Field, Inc. ("USA Track & Field" or "USATF") allowing me, the registrant, to participate in the USA Track & Field sanctioned event I am registering for herein (the "Event" or "Events"); I, for myself, and on behalf of my spouse, children, 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 at least eighteen (18) years of age (or this Agreement is also agreed to by my parent, natural guardian, or legal guardian (the "Guardian")); (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand and acknowledge the risks and dangers associated with participation in the Event and sports of track & field and related activities, including without limitation, the potential for serious bodily injury, sickness and disease, 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 Organizers (as defined in Section 4 below); 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 my own actions or inactions or the actions or inactions of others participating in or organizing the Event, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties (as defined in Section 4 below).

3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competition Rules adopted by USA Track & Field and any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby release, waive and covenant not to sue, and further agree to indemnify, defend and hold harmless the following parties, as relevant and applicable in each instance: USATF, its members, clubs, associations, sport disciplines and divisions; United States Olympic Committee (USOC); the event directors, the host organization and the facility, venue and property owners or operators upon which the Event takes place; and any other organizers, promoters, sponsors, advertisers, coaches and officials for this Event; 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 attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my 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 may be incurred as the result of such claim, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties, as relevant and applicable in each instance.

5. As a condition of my participation in the Event, I hereby grant USA Track & Field, the event director and host organization a limited license to use my name, likeness, image, photograph, voice, video, athletic performance, biographical and other information

(collectively, "Likeness"), in any media platform or format whatsoever, and to distribute, broadcast and exhibit these without charge, restriction or liability, but only for the purposes of advertising or promoting the Event, USATF, or the sport of Athletics. The foregoing grant, however, does not constitute consent for USATF or any third party to use my Likeness in an endorsement of any product or service without my specific written consent. I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully,

I hereby warrant that I (or the Guardian, if I am under the age of 18) am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by accepting it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have accepted this Agreement without any inducement, assurance or guarantee, and intend for my acceptance 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. If the participant is under the age of 18, the Guardian hereby agrees to release and discharge the Released Parties as follows: a) The Guardian acknowledges and understands that the Event is inherently dangerous and represents an extreme test of a person's physical and mental limits. Further, the Guardian acknowledges and understands the Risks, as defined above. b) The Guardian acknowledges the rights waived by both the Guardian and the participant by accepting this Agreement. c) The Guardian acknowledges that the Guardian will indemnify the Released Parties from any and all Liability which may arise out of, result from, or relate in any way to the participant's participation in the Event, except to the extent caused by the gross negligence and/or willful misconduct of any of the Released Parties.

Participant Name: _____ Age: _____ Date of Birth: / /
Male _____ Female _____
Home Address: _____ Home Tel.: (_____) _____
Team Name _____
Email Address _____
X _____ / /
Signature of Participant or Guardian Date Signed

Directions to Golden Gate Park, Polo Fields, San Francisco

From San Jose:

1. Merge onto I-280 N
46.4
mi
2. Slight left onto CA-1 N/Junipero Serra Blvd
0.8 mi
3. Exit onto Brotherhood Way
0.9 mi
4. Turn right onto Lake Merced Blvd
1.5 mi
5. Slight right onto Sunset Blvd
2.5 mi
6. Turn left onto Martin Luther King Jr Dr
0.3 mi
7. Turn right onto Middle Drive W

From Oakland:

1. Take onto I-580 W toward San Francisco
1.5 mi
2. Take exit 19A on the left to merge onto I-80 W toward San Francisco
Partial toll road
8.3 mi
3. Take exit 1B to merge onto US-101 N toward Golden Gate Bridge
0.7 mi
4. Continue onto Central Fwy (signs for Octavia Blvd/Fell St)
0.4 mi
5. Continue onto Octavia Blvd
0.3 mi
6. Turn left onto Fell St
1.6 mi
7. Slight left onto Kezar Dr
0.6 mi
8. Make a slight left onto Lincoln Way
2mi
9. Turn right onto Sunset Blvd
10. Turn left onto Martin Luther King Jr Dr
.3mi
11. Turn right onto Middle Drive W

From Marin:

1. Merge onto US-101 S via the ramp to San Francisco
Partial toll road
10.8
mi
2. Take the California 1 exit toward 19th Ave
0.2 mi

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| 3. Merge onto Veterans Blvd | 1.2 mi |
| 4. Continue onto Park Presidio Blvd | 0.9 mi |
| 5. Turn right onto Fulton St | 1.0 mi |
| 6. Turn left onto 30th Ave | 0.1 mi |
| 7. Turn right onto John F Kennedy Dr | 0.4 mi |
| 8. Turn left to stay on John F Kennedy Dr | 0.1mi |
| 9. Turn right onto Chain of Lakes Dr | 0.1mi |
| 10. Turn left onto Martin Luther King DR | 0.1mi |
| 11. Turn left onto Middle Drive W | |

From Sacramento:

1. Merge onto I-80 W
73.1 mi
2. Take exit 19A on the left to merge onto I-80 W toward San Francisco
Partial toll road
8.3 mi
3. Take exit 1B to merge onto US-101 N toward Golden Gate Bridge
0.7 mi
4. Continue onto Central Fwy (signs for Octavia Blvd/Fell St)
0.4 mi
5. Continue onto Octavia Blvd
0.3 mi
6. Turn left onto Fell St
1.6 mi
7. Slight left onto Kezar Dr
0.6 mi
8. Make a slight left onto Lincoln Way
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9. Turn right onto Sunset Blvd
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10. Turn left onto Martin Luther King Jr Dr
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