THE SAND PIT 5K FALL MANIA
Saturday, September 8, 2012 - 8:00AM

WELCOME
We are excited to welcome you to the SAND PIT 5K. We want you to come out and play in the sand while supporting the Mission Valley YMCA!

COURSE
Located north of the roller coaster, the course will be an out and back 5K. The course will consist of a minimum of 10 beach obstacles, both in the water and on hard and soft packed sand. Obstacles will include, but are not limited to, "water jogging," seal crawls, jump walls, tire rings, finishing with the10 foot Sand Everest Mountain along with the 3 foot deep SAND PIT and the Treasure Trap.

SAND PUDDLE
Want to play, but you need a shorter course? Well, the Sand Puddle is for you! The Sand Puddle will be 1.5K and will consist of 6 obstacles, including the Sand Everest and the Sand Pit at the finish line. We welcome children 8 & up to come out and join!

RACE DETAILS
THE SAND PIT 5K features awards for the top three participants in each individual age group, awards for the top five teams in each team division, post-race party with refreshments, DJ, beer garden, timed results, and a TECHNICAL T-SHIRT for all finishers. We welcome Individuals and 4-Person Teams to come out and take the sand challenge!

4-PERSON TEAMS
4 Person Teams are now included!

There will be 5 different team types: Male, Female, Mixed, 200+ (ages add up to over 200), and Public Safety/Military.

Team captains will need to register for the team. Team captains will need to send in one entry form for each team member. Make sure that each team member signs the waiver. Please submit team entry forms/waivers by August 25th.

WAVE STARTS
Participants will be assigned to wave starts to prevent obstacles from becoming congested. The wave starts will be assigned as follows:

8:00am- Sand Puddle
8:05am- Sand Pit 5K Individual Males
8:10am- Sand Pit 5K Individual Females
8:20am- Sand Pit 5K 4 Person Teams

BIB NUMBERS
Bib numbers will be mailed out to all participants who register before August 27th.

For teams who register before August 27th, bib numbers will only be mailed out if all team members have signed the waiver. If one of your team members does not sign the online/paper waiver- you will need to pick up your bib number on race morning.

Individuals and teams who register on or after August 27th can pick up their bib number on race morning beginning at 6:45am. The registration area will be located at the corner of East Mission Bay Drive and Mission Blvd, across from Belmont Park.

REGISTRATION
Registration is available online and through the mail.

ENTRY FEES

SAND PIT 5K- Individual	
BEFORE July 1	**$35**
July 2- Sept 16th	**$40**
RACE DAY (if available)	**$45**
SAND PIT 5K- 4 Person Teams	
BEFORE July 1	**$140**
July 2- Sept 16th	**$160**
RACE DAY (if available)	**$180**
SAND PUDDLE	
BEFORE July 1	**$30**
July 2-Sept 16th	**$35**
RACE DAY (if available)	**$40**

AGE REQUIREMENTS
Due to the water and obstacles on this course, the minimum age requirement for participation in THE SAND PIT is 12 years of age. The minimum age requirement for participation in the SAND PUDDLE is 8 years of age.

GEAR CHECK
Gear Check will be provided for participants. The area will be located by registration at the corner of West Mission Bay Drive and Mission Blvd. Gear Check will open at 7:00am.

NEED ADDITIONAL INFORMATION?
For additional information, please visit our website at www.kozevents.com. You can also call 858-268-1250.

For more information or to register online visit www.KOZevents.com

THE SAND PIT 5K ENTRY FORM
Make Checks Payable to: THE SAND PIT 5K. --- Mail entry form and check to: THE SAND PIT 5K, P.O. Box 421052, San Diego, CA 92142

FIRST NAME _____ LAST NAME _____

AGE _____ SEX _____ TEAM NAME (for teams only) _____

STREET ADDRESS AND APT # _____

CITY _____ STATE _____ ZIP _____

PHONE NUMBER _____ T-SHIRT SIZE: S ☐ M ☐ L ☐ XL ☐

EMAIL _____

EMERGENCY CONTACT NAME _____ EMERGENCY PHONE NUMBER _____

CHECK ONE
5K ☐ PUDDLE ☐
INDIV ☐ TEAM ☐

CHECK ONE
INDIV CATEGORRY
☐ AGE GROUP
☐ CLYDESDALE
☐ MILITARY

TEAM CATEGORY- 4 MEMBERS
☐ MALE ☐ 200+
☐ FEMALE ☐ PUBLIC SAFETY/MIL
☐ MIXED

☐ **I AM THE TEAM CAPTAIN**

ENTRY FEES

SAND PIT 5K- Individual	
BEFORE July 1	**$35**
July 2- Sept 16th	**$40**
RACE DAY (if available)	**$45**
SAND PIT 5K- 4 Person Teams	
BEFORE July 1	**$140**
July 2- Sept 16th	**$160**
RACE DAY (if available)	**$180**
SAND PUDDLE	
BEFORE July 1	**$30**
July 2-Sept 16th	**$35**
RACE DAY (if available)	**$40**

WAVIER AND RELEASE FROM LIABILITY (Must be signed to participate in the event)

I hereby release KOZ Enterprises, KOZ Events, the State of California, City of San Diego, WB Productions, YMCA, 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 Sand Pit 5K. I hereby consent to receive medical treatment which may be deemed advisable during the 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 in broadcasts, telecasts, newspapers, brochures, etc. I understand that race numbers are non-refundable and non-transferrable. KOZ Enterprises, its staff and volunteers are not responsible for my personal items that are stored in the gear check area during check-in, race time and check-out. I understand that KOZ Enterprises will provide staff/volunteers to over see the area in an attempt to prevent any damage or theft to my belongingsI certify that I am in good health and able to participate in this event and that all information provided in this form is true and complete.

X _____ **Signature** (if under 18, parent or guardian must sign)