

# McConnell's Ice Cream

of Santa Barbara

## 37th Endurance Events



- 8:30AM -10K Run (SBAA Grand Prix event – new time)  
9:30AM -5K Run (SBAA Junior Grand Prix event – new time)  
-Biathlon (5K Run + Mile Swim – new distance)  
10:30AM -Kid's Mile Fun Run (on the grass – new time)  
11:00AM -Mile Ocean Swim (A 'T' course – new time)

Sunday August 20, 2017  
Goleta Beach County Park



Sponsored by & a fundraiser for Club West, [www.clubwesttrack.org](http://www.clubwesttrack.org)

\$5 ENTRY FEE UNDER AGE 18

\$20 PRE-REG 1 EVENT, \$25 2 EVENTS, ADD \$5 RACE DAY

### Awards:

- \*Age group awards (*in 5-year increments in the runs*)
- \*Cardio-vascular benefits (*live longer healthier lives*)
- \*Athlete Finisher Ribbons (*to write your name and time*)
- \*McConnell's Ice Cream Sundae Bar (*with BerryMan fruit*)

Info: Bill Rupp [ruppwww@aol.com](mailto:ruppwww@aol.com) 805-698-4288. Pre-entry to Aug. 19: \$20 1 event, \$25 2 events; add \$5 race day; Under age 18: \$5. Kid's Mile Fun Run is free (signup race day only). Mail this entry, signup race day or pre-reg at [www.active.com](http://www.active.com) Directions: 101 North, just past Patterson Ave. take the 217 freeway (Ward Memorial Freeway) towards the ocean. Just before UCSB exit at Sandspit Road, left at stop sign, turn right into Goleta Beach, then turn right to the race: Goleta Beach County Park, 5986 Sandspit Rd, Goleta, CA 93117

ENTRY FORM: Mail to Endurance Events, Club West, Box 5730, Santa Barbara, CA 93150. Pre-entry to Aug. 19: \$20 1 event, \$25 2 events; add \$5 race day; Under age 18: \$5. Kid's Mile Fun Run is free. Mail this entry, signup race day or pre-reg at [www.active.com](http://www.active.com). Make checks payable to: CLUB WEST

YOUR NAME: \_\_\_\_\_ \_5K RUN \_\_\_\_\_ \_10K RUN  
GENDER (M/F): \_\_\_\_\_ AGE: \_\_\_\_\_ \_5K WALK \_\_\_\_\_ \_KID'S MILE  
DATE OF BIRTH: \_\_\_\_\_ \_BIATHLON \_\_\_\_\_ \_MILE SWIM  
PHONE: \_\_\_\_\_ YOUR CITY, STATE AND ZIP CODE: \_\_\_\_\_



WAIVER: I understand that participation in athletic events is a potentially hazardous activity. I attest and have verified through training that I am physically fit to compete in these events, and I am aware of any and all dangers inherent in such events. I understand that participants do not have exclusive use of the bike path or streets and I will proceed with caution while sharing the route with cars, bikes and people. For myself and my heirs, and intending to be legally bound, I waive and release any and all rights and claims for damages I may have against McConnell's Ice Cream, Club West, race officials and volunteers, the County of Santa Barbara, Goleta Beach, the City of Goleta, and CA Dept of Highway Patrol for any and all injuries suffered by me while participating in the McConnell's Ice Cream Endurance Events on August 20, 2017. Parent or Guardian must sign if under 18.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_