

PANCAKE 5K RACE



14th Annual OCTC Pancake Breakfast 5K
 Sunday, July 31 8:00 a.m.
 Fairview Park, Costa Mesa

Presented by the Estancia High School Cross
 Country & Track Teams in conjunction with the
 Orange County Track Club

The Course & Awards

Scenic dirt trails winding through Fairview Park. Medals will be given to the top three finishers in each age/sex division. A 1K kids "fun run" will also be held (12 & under).

The Breakfast

Pancakes hot off the griddle prepared by Chef Laura.

Orange County Track Club

"OCTC" is Orange County's oldest running club. We are an all-abilities running club welcoming runners, joggers and walkers. Our coach, Charlie Appell, was voted "Coach Of The Year" by the Orange County Register. Coach Charlie also coaches track & field at Estancia H.S.

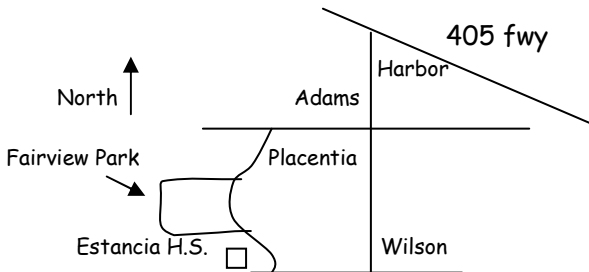
Race & Sponsorship Information

(949) 863-6166
www.octrackclub.org

Register On-line at: www.active.com

The Location

Fairview Park is located on Placentia between Adams & Wilson in Costa Mesa.



FIRST NAME: _____ LAST NAME: _____
 STREET: _____
 CITY: _____ STATE: _____ ZIP: _____
 SEX: ___M___F AGE ON RACE DAY: _____ ADULT T-SHIRT SIZE: ___SM___M___L___XL
 HM PHONE: _____ WK WORK: _____
 EMAIL ADDRESS: _____

CHECKS ONLY, MADE PAYABLE TO "OCTC"

5K RACE, BREAKFAST & SHIRT	\$20 _____
KIDS' 1K FUN RUN & BREAKFAST	\$10 _____
BREAKFAST ONLY	\$5 _____
CAN'T RUN, BUT PLEASE ACCEPT MY DONATION OF	\$ _____
5K RACE, BREAKFAST & MEMBERSHIP	\$50 _____
AFTER JUNE 11 ADD \$5	\$5 _____
TOTAL FEES ENCLOSED	\$ _____

WAIVER & RELEASE OF LIABILITY:

In consideration of acceptance of my entry to this event, I hereby release from liability the Orange County Track Club and its officers, the City of Costa Mesa, Estancia High School, and all municipal and county agencies, as well as all other sponsors for claims for damages or injuries, demands, and actions whatsoever in any manner arising from my participation in this event. I recognize that the dirt trails in Fairview Park are inherently dangerous as they are not regularly maintained and may be uneven. I am fully informed of the risks of participating in this event and I am physically fit and capable to participate. I further attest that I have read the entry information provided above. I permit any of the above entities the use of my name and/or picture for whatever purpose.

MAIL TO:
OCTC
P.O. Box 1307
COSTA MESA, CA 92628

Date _____ Runner's Signature _____ Parent's Signature if Under 18 _____