

Buzz Oates Run Sac Race Series Individual Membership



This membership application is for individuals who are not members of affiliated clubs or teams and wish to score points in the Buzz Oates Run Sac Race Series.

The Series is a production of Fleet Feet Event Management and Capital Road Race Management and our affiliated events. Sponsors of the series are The Buzz Oates Group of Companies, Poswall White & Cutler Law Corporation, and Fleet Feet Sports Sacramento.

Series participants earn points based on age-graded performances in Series events. More than \$6,000 in prize money will be awarded at year-end to the top 10 male & female point earners, the top 5 individual performances, and for course records.

For a complete list of events on the Buzz Oates Run Sac Race Series and prize money details, visit the series page at www.fleetfeetsacramento.com.

Earning Points

Once you join, you are eligible to earn points in all remaining events in the Run Sac Race Series. Because Capitol Road Race Management times all Series events, age-graded scores are automatically tabulated. You just need to enter and finish Series events.

Year-End Point Totals

There are 14 races currently on the Run Sac Race Series. Your year-end point total is the sum of your eight best performances: four from short-distance races (8 km/5 miles or less) and four from long-distance performances (10 km and over). This scoring system means that you do not need to race in every event and rewards quality performances over a variety of distances.

Age Grading Compares All Ages

By using age-graded tables to earn points, the series is fair to adult competitors of all ages. For example, a 47-year-old male who runs a 5 km in 18:00 receives 80 points as his performance is 80-percent of the record standard for his age. A 30-year-old male would need to run a 5 km in 16:12 to receive the same 80 points. An age-graded calculator is available on the Run Sac Race Page at www.ffsac.com (click the "Events" link at the top of the page).

Contact for More Information

Dusty Robinson, Fleet Feet Sports Sacramento, E-mail: dusty@fleetfeetsacramento.com;

Phone (916) 442-3690; website: www.fleetfeetsacramento.com/runsac

To join the Buzz Oates Run Sac Race Series for 2009, please complete and return the form below with payment.

Buzz Oates Run Sac Individual Membership Application

Name: _____ Gender: M F Age: (min. age 20) ____ Date of Birth: _____

Mailing Address: _____ City: _____ State: ____ Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Best Email Address: _____

The 2008 Annual Buzz Oates Run Sac Race Series Membership Fee is \$10

Please enclose a check for \$10 payable to: "Fleet Feet Sports" and return form to:

Buzz Oates Run Sac Race Series

c/o Fleet Feet Sports Sacramento

2311 J Street

Sacramento, CA 95816

BUZZ OATES RUN SAC RACE SERIES WAIVER

I know that running in road races is a potentially hazardous activity. I should not enter and participate in these races unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this program. I assume all risks associated with training for and running in these races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release Fleet Feet Sports, Team Sweeney, Inc., Capitol Road Race Management, the Buzz Oates Group of Companies, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these race activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____