

Pierce's course is 100% dirt, with tenacious uphills, quick descents, and challenging switchbacks.

The most spectator-friendly course in Southern California.

#### TIME:

Age group walk through will begin at 08:00 a.m. The first race will begin at 08:45 a.m. Races will start approximately every 20 minutes and will overlap. 13/14 and 15/16 will race at the same time and will run the 4K course.

#### **DIVISIONS & DISTANCE:**

8:00 am WALK THROUGH

8:45 am SUB-GREMLIN & GREMLIN GIRLS 5/6 & 7/8 (Born in 2008 or later) 2000m (1.2 miles)

9:00 am SUB-GREMLIN & GREMLIN BOYS 5/6 & 7/8 (Born in 2008 or later) 2000m (1.2 miles)

9:15 am BANTAM GIRLS - 9/10 (Born 2006 or 2007) 3000m (1.8 miles)

9:35 am BANTAM BOYS 9/10 (Born 2006 or 2007) 3000m (1.8 miles)

9:55 am MIDGET GIRLS 11/12 (Born 2004 or 2005) 3000m (1.8 miles)

10:05 am MIDGET BOYS 11/12 (Born 2004 or 2005) 3000m (1.8 miles)

10:25 YOUTH GIRLS & BOYS 13/14 (Born 2002 or 2003) INTERMEDIATE GIRLS & BOYS 15/16 (Born 2000 or 2001) 4000 m (2.4 miles)

Snack Shack will be available.

To get to the course, turn into Pierce College on Brahma Ave off of Winnetka Ave or turn into Pierce College on Mason Ave off of Victory Blvd. Follow until you reach parking lot 5 next to the Brahma Stadium. You must purchase a parking pass. Please be aware that there isn't any shade or grass at Pierce. You may want to bring a shade tent, tarps and/or chairs.



Signature of Participant

Signature of Parent/Guardian, if participant is under 18 years of age

# ASSUMPTION OF RISK, WAIVER OF LIABILITY, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT FOR AN EVENT HELD ON THE PROPERY OF THE LOS ANGELES COMMUNITY COLLEGE DISTRICT

Pierce College

For and in consideration of permitting the undersigned, ( <i>Participant's Name</i> ), ("PARTICIPANT") to participate in the following activity ( <i>Name of Activity</i> )("ACTIVITY") held at PIERCE COLLEGE (the "COLLEGE"), one of the colleges of the LOS ANGELES COMMUNITY COLLEGE DISTRICT (the "DISTRICT"), the undersigned agrees as follows:
<ol> <li>ASSUMPTION OF RISK</li> <li>The undersigned has been fully and completely advised of the potential dangers incidental to engaging in family activities and the use of the COLLEGE's facilities. The undersigned fully understands that there is the risk of injury or death while participating in the above-mentioned family activity, at the COLLEGE.</li> </ol>
1.2 The undersigned hereby asserts his/her participation in the aforementioned family activity is voluntary and he/she knowingly assumes any and all such risks of family participation.
2. WAIVER OF LIABILITY  2.1 The undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, property damage, death, or loss of any kind whatsoever occurring to him/herself arising as a result of engaging in said activity or activities incidental thereto wherever or however the same may occur and for whatever period said activities or instructions may continue.  2.2 The undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, discharge, waive and relinquish any action or cause of action, aforesaid, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute, present any claim for personal injury, property damage, death or loss of any kind whatsoever against the DISTRICT, the BOARD of TRUSTEES, the DISTRICT's officers, employees, agents, representatives, volunteers, for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise.
3. INDEMNIFICATION AND HOLD HARMLESS  3.1 The undersigned for him/herself, his/her heirs, executors, administrators, and assigns agrees that in the event any claim for personal injury, property damage, death or loss of any kind whatsoever shall be prosecuted against the DISTRICT, the BOARD of TRUSTEES, the DISTRICT's officers, employees, agents, representatives, volunteers, he/she shall hold harmless and indemnify the DISTRICT, the BOARD of TRUSTEES, the DISTRICT's officers, employees, agents, representatives, from any and all claims or causes of action by whomever or wherever made or presented for personal injury, property damage, death, or loss of any kind whatsoever.
<ul> <li>4. <u>INSURANCE</u></li> <li>4.1 The undersigned understands that the DISTRICT assumes no responsibility to provide any insurance coverage for his/her voluntary related family activity at the COLLEGE and/or use of the COLLEGE facilities.</li> </ul>
ACKNOWLEDGMENT The undersigned has read the assumption of risk, waiver of liability, indemnification and hold harmless agreement, fully understands its terms, and understands that he/she is giving up substantial rights, including the right to sue. The undersigned acknowledges that he/she is signing the agreement freely and voluntarily.

Date

Date

## 2K Course



## **3K Course**



## **4K Course**

