



# Tenth Annual Seaside Slide paddleboard Race

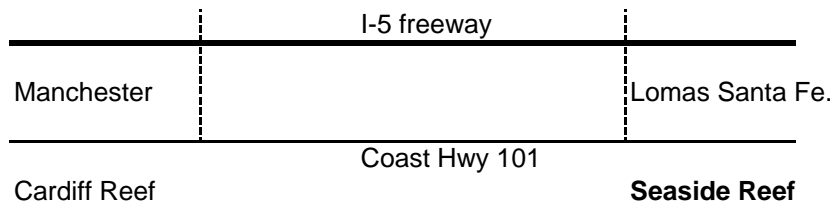
## 7 MILES

**April 4, 2009 Starts @ 8:30am, check in at 7:30am, From Seaside reef to moonlight and back**

Prices: \$40.00 If received prior to March 30th  
\$45.00 on race day

Divisions:	Stock--->	Men	Unlimited--->	Men (20-39)
	Stock--->	Masters (45+)	Unlimited--->	Men (40-49)
	14' Division--->	Open	Unlimited--->	Men (50+)
*** NEW ***	Stand-up Paddle --->	12'6" or Smaller	Women--->	Open
	Stand-up Paddle --->	12'6" or Larger		

- \*Huge raffle at the end of the race
- \*Top three in each division receive trophies
- \*Race starts and ends @ Seaside State Beach in Solana Beach



\* From Oceanside, go south on I-5, past Birmingham and Manchester. Exit on Lomas Santa Fe and turn (west) right at the intersection. Turn (north) right on Coast Hwy 101. Finally, turn (west) left into the first parking lot. There will be plenty of parking available.

### Entry Form

Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

T-shirt size: M: L: XL: XXL: extra shirt (\$10 each) M: L: XL: XXL:  
 Division: Stock: Unlimited: 14' division: Stand Up Paddle:

Please make checks payable to Mark Cappa  
 Mail entry to: 1027 Cleveland St.  
 Oceanside, CA 92054

Waiver: I fully realize the dangers of ocean paddle boarding, especially in ocean waters. I fully assume all risks associated with such paddle boarding. I understand all risks of participating in this race. I waive and release any and all rights I might have in the future to take legal action against sponsors and organizers of the Seaside Slide Paddle board Race for any injuries I may receive related to participation.

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