



Miramar Ranch North 5k Run/Walk

“San Diego’s fastest downhill course”

Saturday, Dec. 6

Registration: 6 am – 7:30 am Start: 8am
 Warm up with Fitness Quest 10 Todd Durkin: 7:35 am



Join your neighbors...run or walk
 Start: Blue Cypress Road at Spring Canyon Road
 Finish: North Brookville at Spring Canyon Road
Expo at finish area!

★ Platinum Sponsor
 County of San Diego

★ Day Lily Sponsors
 Laces Running Store
 Scripps Ranch Farmers Market
 Ballast Point Brewery

Registration fees until Dec. 5:

- ★ Open registration, non-residents \$30
- ★ 92131 residents & active military \$25
- ★ Children 12-17 \$15
- ★ Children 11 and under (No T-shirt) FREE
- ★ Proceeds go to programming, community activities, and scholarships in Scripps Ranch

Registration fees include:

- ★ Birthday cake, fruit, and refreshments
- ★ 2 Beers, if over 21 with ID
- ★ Tek T-shirt for paid entrants
- ★ Awards for top 3 Men and Women
- ★ Leashed dogs & strollers welcome
- ★ Register online: www.scrippsranh.org
- ★ Event email: president@scrippsranh.org
- ★ Rain or shine event. NO refunds
- ★ Shuttle Bus available: 5:45 am – 10:45 am



Event hosted by
www.scrippsranh.org

Mail this form or register online: www.active.com (no service fees!)

First name										Last name									
Address															Apt #				
City										State					Zip Code				
Area Code					Phone number					Male?		Female?		Race Day Age					
Email address																			

T-Shirt	Male	AGE	Female
(Circle one)		17 & Under	
Adult S		18-24	
Adult M		25-29	
Adult L		30-34	
Adult XL		35-39	
Adult 2XL		40-44	
		45-49	
		50-54	
		55-59	
		60-64	
		65-69	
		70 & Older	



Please mail completed entry form with check made payable to:

★ **SRCA-MRNorth 20th** ★
 10755-F Scripps Poway Pkwy. #613
 San Diego, CA 92131

X _____ Date _____
 Signature of participant (or signature of parent/guardian if under 18 years of age)