

**Fall 2016 Youth Cross**

**Country Race Series**

**Open to boys and girls, ages 7 to 13**

Come participate in a cross country style race series, running over trails, fields, and some pavement. Run in one race, or run them all! Sign up to race this autumn; all are welcome! At all sites, ages 7-8 run a 2K (1.24 mile) course and ages 9-13 run a 3K (1.86 mile) course.

**$5 per runner, per race**

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| **Date** | **Location** | **Race Times** | **Preregistration** | **Race Day Registration** | **For more information** |
| Sept 24 | Tanglewood Nature Center443 Coleman Ave, Elmira |  | By Sept. 21 | 7:30-8:30amat race start | Megan EhrhartSouthernTiersoar@gmail.com |
| Oct 8 | Lansing Center Trail90 Auburn Rd, Lansing | 9:00am (2K) 9:30am (3K) | By Oct. 5Mail or drop off checks payable to: Lansing Rec Dept, 29 Auburn Rd, Lansing, NY 14882. May also pay with credit at the office or by phone: (607)533-7388 | 8:00-8:45at race start | Lansing Recreation DeptLansingrec.com |
| Oct 15 | Groton Elementary School516 Elm Street, Groton | 9:00am (2K) 10:00am (3K) | Mail or drop off checks payable to: The Village of Groton, Attn: Recreation, 143 Cortland Street, Groton NY 13073 | Opens at 8am | Jennifer Jones jjones@groton.cnyric.org |
| Oct 22 | Lower Buttermilk Falls | 9:00am (2K)10:00am (3K) | IYBREC.com  | Opens at 8am | Mike Blakely-Armitage marmitage@cityofithaca.orgIYBREC.COM |

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Last Name First Name Gender Age DOB

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 Address City State Zip

Register me for: □ Sept 24 □ Oct. 8th □ Oct. 15th □ Oct. 22nd

Separate payment and registration for each Date

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I, the undersigned accept full responsibility for myself and for any injuries I may incur during the cross country race series, I have read this application and I fully understand that participating in this event may be dangerous to my health. Broken bones, cuts, bruises, hypothermia or heat exhaustion, collision with vehicles, other runners or pedestrians are all possibilities. I fully understand that emergency medical personnel will not be on the course, I have trained sufficiently for this event. I will not hold any of the organizers, landowners, municipalities, race officials, or volunteers responsible. My actions and mishaps are accountable to no one but myself. I agree to withdraw from the race if so instructed by race official. I grant the race organizers the free use of my name, and any photos or videos of me for any use related to the race they see fit.

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_