



FRIDAY NIGHT CROSS-COUNTRY SERIES 2010

Please join us at any or all of the 5k XC races in this special summer series! All ages welcome!

Entry fee is \$5 for each race. Start time is 6:30pm. Dates and locations are:

- 6/18 at Wilde Lake High,
- 7/9 at Reservoir High,
- 7/16 at Centennial High,
- 7/23 at River Hill High and
- 8/13 at Oakland Mills High.

***** Run 3 or more of the 5 races and receive a special Strider shirt.**

Results will be posted on the Striders web site (www.striders.net).

PLEASE NOTE THERE WILL BE NO BATHROOMS AVAILABLE (sorry!).

Contact Phil Lang (coachlang@hotmail.com) with any questions.

You only need to complete this form once then just check in at future series races!

First and Last Name: _____ Gender (M or F) _____

City: _____ How did you hear about the series?: _____

Email: _____ Age: _____

Officials ONLY - Races Completed: 1 2 3 4 5

Waiver/Release I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official or coach relative to my ability to safely complete the run. I assume all risks associated with running in track and field meets, including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and surface conditions, all such risks being known and appreciated by me. Having read this waiver and knowing the facts in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Howard County Striders, Inc., the Howard County Board of Education and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or any other record of this season for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in races or at practices and I will abide by this guideline.

Signature of Parent/Guardian if child is under 18

X _____ Date _____