Indians Cross Country Boosters

Dr. Bender Cross Country Classic

WHEN: Saturday, July 18, 2009: **Elem. Age 1.5K** @ 8 a.m. / **M.S. Age 2-Mile** @ 8:30 a.m. / **Open - Alumni 5K** @ 9 a.m.
WHERE: Canal Winchester High School, 300 Washington Street, Canal Winchester, Ohio 43110

☆ ***CROSS COUNTRY* course** ☆ **3/8 inch spikes welcome** ☆ **Split times at each mile**
☆ **Refreshments at the finish** ☆ **T-shirts to first 250 entrants** ☆ **Lots of awards**

ENTRY FEE: Individual: $15 (postmarked by July 4) Family: $35 (postmarked by July 4)
Individual: $20 (after July 4) Family: $50 (after July 4)

TIME SCHEDULE:

7 a.m. – 7:45 a.m.:	Race day registration for Elementary Age 1.5K race
8 a.m.:	Elementary Age 1.5K race starts
7 a.m. - 8:15 a.m.:	Race day registration for Middle School Age 2-Mile
8:30 a.m.:	Middle School Age 2-mile race starts
7 a.m. - 8:45 a.m.:	Race day registration for Open 5K
9 a.m.:	Open - Alumni 5K race starts

Awards presented immediately after each race

PROCEEDS BENEFIT CANAL WINCHESTER CROSS COUNTRY

AWARDS:
Elementary Age 1.5K: Top 14 male & top 14 female finishers.
Middle School Age 2-Mile: Top 14 male & top 14 female finishers.
Open 5K: Top three males and females in each age group, plus awards to the top three over-all male & female finishers.
Alumni 5K: First and second place four–person teams (see Alumni Race Rules @ http://www.geocities.com/cwcrosscountry/)

AGE GROUPS:
Elementary Age 1.5K: will be in sixth grade or below **Middle School Age 2-Mile:** will be in seventh or eighth grade
Open 5K: 19 & under, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60+

QUESTIONS? Contact Doug Williard at: dwilliard@wowway.com
REGISTRATION FORM & ALUMNI RACE RULES: http://www.geocities.com/cwcrosscountry/

Check race entry below:

☐ ***Elementary Age 1.5K* Cross Country Race @ 8:00 a.m.**

☐ ***Middle School Age 2-Mile* Cross Country Race @ 8:30 a.m.**

☐ ***Open 5K* Cross Country Race @ 9 a.m.**

Alumni race: If you graduated from a high school (H.S.), you're automatically entered!
Year graduated from H.S.: _____
H.S. name: _____

- Family entries - submit one entry form for each family member, staple family entries together
- Mail this form with entry fee (*checks payable to "Indians Cross Country Boosters"*) to:
  S. Meidl, 6632 Evendale Court, Canal Winchester, Ohio 43110
- Due to OHSAA rules, school uniforms are not permitted

NAME: _____ **AGE** (on race day): _____

SEX: ☐M ☐F **Elementary & MS entrants: Will be in grade level**: _____

STREET ADDRESS: _____ **PHONE:** _____

CITY: _____ **STATE:** _____ **ZIP CODE:** _____

E-MAIL ADDRESS: _____

SHIRT SIZE (check one) ☐youth ☐adult / **SIZE** (check one) ☐S ☐M ☐L ☐XL ☐XXL

In consideration of the foregoing, I, myself, my executors, administrators, and assigns, do hereby release and discharge Canal Winchester Schools, Indians Cross Country Boosters, the race committee, the City of Canal Winchester, and all race sponsors, officials, and associates from all claims of damages, demands, actions and causes of action whatsoever in any manner arising out of my participation. I grant permission to all of the foregoing to use my photographs, name, videos or any other recording of this event for legitimate purpose.

_____ _____ _____
signature of runner parent or guardian (if under 18) date