

Mission Valley

is proud to host a USATF Cross Country Meet

William Cann Park

Date: November 1, 2009

Directions:

In Union City exit I-880 at Alvarado-Niles Road. Go east for one mile, turn right on Dowe Avenue and right on Marsh Hawk Road. The park will be on your left.

Schedule:

8:00 - 9:00 : Registration

9:00 : Course Walk

10:00: First Race

Race Details:

Sub Bantams (2K)

Bantam (3k)

Midget (3K)

Youth (4K)

This park honors former Union City Police Chief William Cann, and a memorial grove of redwood trees is planted in his memory.

This 5-acre park became whole this year when the city acquired the back half of the park from the East Bay Regional Park District.

Beautiful big oak and alder trees are speckled throughout the park and provide wonderful shade for its visitors.

About the races:

We will start with Sub Bantams (2 km) and will combine races

depending on the number of runners. Awards to the top finishers in each division.

Entry Fee: \$6.00

Contact Information :

Coach Lee Webb

510-304-7172

Lee_webb@nhusd.k12.ca.us

Address:

Marsh Hawk & Dowe Avenue

Union City, CA

Mission Valley Cross Country Meet **Entry Form**

Runner's Name _____

Team _____

Age Group (circle one)

Sub Bantam Bantam Midget Youth Open

Male ___ **Female** ___

Waiver:

In consideration of acceptance of this entry, I, intending to be legally bound for myself, heirs, executors, administrators, successors and assigns, hereby waive and release from all rights, claims and causes of actions that I may have against the persons, sponsors, and organizations affiliated with this event, including but not limited to: *Mission Valley Track Club and William Cann Regional Park*. I hereby represent that I am physically fit and have trained sufficiently for this event. I attest that I have full knowledge of the risks involved in a cross country race, that injuries often occur and that I assume all expense in case of an accident, illness or other incapacity. Parent or guardian must sign the waiver for all athletes under 18 years old.

Runner's signature _____ **Date** _____

Parent's Signature _____ **Date** _____