

**Palo Alto Lightning Track Club  
Proudly Hosts  
A USATF Youth Cross Country Meet  
November 10, 2014**

**Location: Bedwell Bayfront Park, Bayfront Expressway and Marsh Road, Menlo Park CA 94025 (limited parking in the vicinity, arrive early)**

**Time:       8:00AM   Registration  
              9:00 AM   Course Walk  
              10:00 AM First Race**

Entry Fee: \$7.00

The races will be run in the order below. Some races may be combined depending on the number of runners. Awards will be given to the top finishers in each division

<b>Age Division</b>	<b>Distance</b>	<b>Age Division Description</b>
Group 1	2K	Born 2005 or later
Group 2	3K	Born 2003 or 2004
Group 3	3K	Born 2001 or 2002
Group 4	4K	Born 1999 or 2000
Group 5+	5K	Born 1998 or earlier

Directions:

From Sacramento or the East Bay: Get to 880. Take the Dumbarton Bridge (84 West). Turn right onto Marsh Road to enter Bayfront Park. Continue until the road ends.

From the Bay Area: Get to 101 heading towards Menlo Park. Take the Marsh Road exit, heading east. Cross over Bayfront Expressway into Bayfront Park. Continue until the road ends.

Course:       The course has gravel, dirt, rocks and asphalt with gentle hills. No spikes allowed.

Contact:       Coach Willie Young, 650-630-4650, [sty3000@aol.com](mailto:sty3000@aol.com)

# Palo Alto Lightning X-Country Meet

## Entry Form and Waiver

Athlete's Name: \_\_\_\_\_

Athlete's Team: \_\_\_\_\_

Athlete's USATF #: \_\_\_\_\_

Age Group:

Mark box  
with 'X'

Group 1 Born 2005 or later	Group 2 Born 2003-2004	Group 3 Born 2001-2002	Group 4 Born 1999-2000	Group 5 Born 1998 or earlier

Gender:

Mark box  
with 'X'

MALE	FEMALE

### WAIVER AND RELEASE OF LIABILITY FOR ATHLETES UNDER THE AGE OF 18

In consideration of acceptance of this entry, I, intending to be legally bound for myself, my child, my child's parents, my heirs, personal representatives, estate, successors, and assigns, hereby waive all claims that my child or I may have against Palo Alto Lightning, its officers, its coaches, and its volunteers, the City of Menlo Park arising in any way out of my child's participation in this event and release all liability to Palo Alto Lightning, its officers, its coaches, and its volunteers and the City of Menlo Park, and may have from my child's participation in this event.

I hereby attest that I have full knowledge of the risks involved in this cross-country event, including, but not limited to, the risk of injury from bicycle riders who will be sharing the trail in which this event will be held, that injuries often occur and that I assume all expenses in case of accident, illness, injury, or any other incapacity.

Parent or Legal guardian must sign for each athlete under the age of 18.

Athlete's signature: \_\_\_\_\_ Dated \_\_\_\_\_ 2013

Parent's signature: \_\_\_\_\_ Dated \_\_\_\_\_ 2013