

# **Phoenix Gliders Cross Country & Track & Field Club**

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YOUTH CROSS COUNTRY MEET: USATF SANCTIONED

OCTOBER 13, 2013

Location: (Pena Adobe Park) 1 Pena Adobe Road Vacaville CA

Time: 8 AM Athlete Registration

9 AM Athlete\Coaches\Guardian Course Walk through

10 AM First Race

The race will be run in the order below. Some races may be combined depending on the number of runners. The results and awards will be determined by gender and age group.

## AGE DIVISIONS:

Age Division Distance Age Division Description

Age Group 1 2K (1.25 miles) Born 2005 or later Age Group 4 (2.5miles) Born 1999 or 2000

Age Group 2 3K (1.87 miles) Born 2003 or 2004 Age Group 5 /6 (2.5 miles) Born 1995 -1998

Age Group 3 3K (1.87 miles) Born 2001 or 2002

**Cost: \$7.00 cash or money order per Athlete, (no personal checks) registration process will be completed at the event venue. Parking is \$3.00 on the lot**

DIRECTIONS: ADDRESS: 1 PENA ADOBE ROAD VACAVILLE, CA

From Sacramento: 1-80 W to San Francisco, take the exit toward Pena Adobe Road. Turn right onto Rivera Rd, turn left onto Pena Adobe Road. Look for signs for event location.

From the Bay Area: I-80 east, Pena Adobe exit, takes Pena Adobe Road, left to Pena Adobe Regional Park.

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

Awards: 1-3 medals, ribbons 4-6 for each age group/gender

Contact Daruis Strickland: 707 624.0492 email: [phoenixgliders@ymail.com](mailto:phoenixgliders@ymail.com)

PHOENIX GLIDERS 2013 YOUTH CROSS COUNTRY ENTERY FORM AND WAIVER

ATHELETE NAME: FIRST: \_\_\_\_\_  
LAST: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_ UNATTACHED: YES/NO

ATHLETE PAUSATF # \_\_\_\_\_ AAU REG # \_\_\_\_\_

AGE GROUP (CIRCLE ONE): GROUP (0), (1), (2), (3), (4), (5), (6)

MALE: \_\_\_\_\_, FEMALE: \_\_\_\_\_ -

MAILING ADDRESS:  
\_\_\_\_\_.

WAIVER AND RELEASE OF LIABILITY FOR ATHELETE UNDER 18 YEARS OF AGE

In consideration of acceptance of this entry, I intending to be legally bound for myself, my child's parents/guardian /coach personal representative estate, successor and assign, heirs waive all claims that my child or I may have against Phoenix Gliders Track Club, its officers, its coaches and its volunteers, and the City of Vacaville; arising in any way of my child's participation in this event. Release from all liability Phoenix Glider Track Club, its officers its coaches and its volunteers and the city of Vacaville may have from my child's participation in this event.

I hereby represent that my child is physically fit and has trained sufficiently to participate in this event and that I have full knowledge of the risk involved in this cross country event, including, but not limited to, the risk of injury from bicycle riders who will be sharing the trail on which this event will be held, that injury often occurs and that I assume all expenses in case of accident, illness injury, or other incapacity.

ATHLETE'S SIGNATURE \_\_\_\_\_

PARENT/GUARDIN SIGNATURE \_\_\_\_\_

COACH SIGNATURE \_\_\_\_\_