



## PHOENIX GLIDERS CROSS COUNTRY

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 Groups: Year of Birth

8 and under 2006 2K-Girls 2K-Boys 9-10 2004-2005 3K-Girls 3K-Boys

11-12 2002-2003 3K-Girls 3K-Boys 13-14 2000-2001 4K-Girls 4K-Boys

15-16 1998-1999 5K-Girls 5K-Boys 17-18 1996-1997 5K-Girls 5K-Boys

**Cost: \$7.00 cash or money order per Athlete cash or money orders, (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

No medals for this meet

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

PHOENIX GLIDERS 2014 YOUTH CROSS COUNTRY ENTRY FORM AND WAIVER

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

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

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

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

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 \_\_\_\_\_