



**Peninsula Flyers Club  
Proudly Hosts  
A USATF Youth Cross Country  
Meet Sunday November 4, 2018**

**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 three finishers in each division

<b>Age Division</b>	<b>Distance</b>	<b>Age (as of 12/31/2018)</b>
Group 1	2K	7-8
Group 2	3K	9-10
Group 3	3K	11-12
Group 4	4K	13-14
Group 5+	5K	15-18

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 Michael Davidson 650-207-5580  
[Coach.Michael@peninsulaflyers.org](mailto:Coach.Michael@peninsulaflyers.org)



# Peninsula Flyers Cross Country Meet

## Entry Form and Waiver

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

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

Athlete's USATF #: \_\_\_\_\_ (optional)

### Gender:

MALE	FEMALE

Mark box  
with 'X'

### Age Group:

Group 1 Born 2010 or later	Group 2 Born 2008-2009	Group 3 Born 2006-2007	Group 4 Born 2004-2005	Group 5/6 Born 2000 or 2003

Mark box  
with 'X'

### 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 Peninsula Flyers, 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 Peninsula Flyers, 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 \_\_\_\_\_ 2018

Parent's signature: \_\_\_\_\_ Dated \_\_\_\_\_ 2018