

**2009 Upstate New York  
Cross Country Series Entry Form**

**WAIVER:** *I know that running a cross country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or walking in this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Onondaga County Parks Dep't, the Iroquois Central School District, Finger Lakes Community College, the Monroe County Parks Dept, Ithaca College the race director, race committee and any and all sponsors and workers from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are non-refundable. I have read the information provided and certify my agreement and compliance with my signature.*

**SIGNATURE** \_\_\_\_\_

LAST NAME \_\_\_\_\_ FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/TOWN \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ GENDER: M F

EMAIL \_\_\_\_\_ T-SHIRT SIZE (circle): M L XL

2009 USATF NUMBER \_\_\_\_\_

TEAM NAME \_\_\_\_\_

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**CHECK APPROPRIATE FEES:** Register for the entire 5-race series and receive an official 2009 Upstate NY XC Series long- sleeve t-shirt!

**\$40.00 SERIES PRE-ENTRY (by 9/15) includes long sleeve t-shirt**

\_\_\_\_\_ **\$8.00** PRE-ENTRY...Jamesville Beach-Syracuse (9/19)

\_\_\_\_\_ **\$8.00** PRE-ENTRY...Iroquois HS-SE of Buffalo (10/10)

\_\_\_\_\_ **\$8.00** PRE-ENTRY... Ithaca College (10/25)

\_\_\_\_\_ **\$8.00** PRE-ENTRY... Seneca Park (Rochester) (11/1)

\_\_\_\_\_ **\$8.00** PRE-ENTRY... GVH Invite @ Finger Lakes Comm. College (11/15)

**TOTAL ENCLOSED: \$** \_\_\_\_\_

**Make checks payable:** Pete Glavin and mail to **PO BOX 16375, ROCHESTER, NY 14616.**

**INFORMATION CONTACT:** Pete Glavin (pglavin@rochester.rr.com)