



2010 Youth Development Cross Country Series For Children 13 Years and Under

Cobbs Hill Park, Rochester

Thursday's: August 5, 12 & 19 @ 6:30pm;
August 26 @ 6:00pm

Registration

5:15-6:25 pm in the open field at the corner of Monroe and Highland Avenue near the entrance to the Cobbs Hill Reservoir. Parking is available along Highland Ave.

Schedule

The first Youth Race, the 50 Meter Popsicle Run will begin promptly at **6:30pm** followed by the 1/4 Mile, 1/2 Mile and 1 mile Run. **Note:** Aug 26 race will begin at 6:00 pm

Awards

Ribbon Awards to be presented at the conclusion of each race
All youth finishers will receive a Popsicle at the conclusion of each race.

Amenities

All pre-registrants signed up for the series will receive a custom-designed T-shirt.
Water and Gatorade are available for all children after the run

Entry Fees

To enter the Series (all four runs) and receive a T-shirt: \$15.00 per child before August 4th
After August 4th, the Series fee is \$20.00 per child. To enter any individual run: \$5.00 per child per run. This fee does not include a T-shirt. Extra T-shirts can be ordered for an additional \$5.00.
Note: This event is free to all participants ages 5 & under.

SPECIAL NOTICE ON PARTICIPATION

These runs are non-competitive events. We want all children to be able to enjoy this and the activity of running. No place medals will be given out. If you want a record of the times your child did that will be your responsibility. We would appreciate help from parents during the event in order to ensure all children have a positive experience. If you have any questions, or suggestions, contact Coach Mike Reif, (coachmr@rochester.rr.com) or any member of GVH.

APPLICATION FORM PLEASE PRINT CLEARLY (one application per child)

YOUTH SERIES ENTRY FORM	
Last Name _____	First _____
Address _____	Date of Birth ____/____/____
City/Town _____	Zip Code _____ Gender: M F Age _____
Phone # _____	Email _____
Check appropriate fees <input type="checkbox"/> \$15.00 Series pre- entry <input type="checkbox"/> Incl. Series T- shirt (Circle Size): YS YM YL S	
<input type="checkbox"/> \$5.00 Individual race entry (Circle date): 8/5 8/12 8/19 8/26	

Make Checks payable to GVH, C/O 65 Steele Rd. Victor, NY 14564