



**2011 Innovative Edge Sports
Summer 5K Cross Country Series**
Cobbs Hill Park, Rochester
(corner of Monroe and Highland)
More details and rules: <http://www.gvh.net>



Thursdays: August 4, 11, 18 @ 7:00 pm; August 25 @ 6:30 pm

Registration from 5:30—6:55 pm, except on 8/25, 4:45—6:25

Our Sponsor: Innovative Edge Sports is a sports apparel business that provides tee shirts, team-wear and graphic designs for school teams, events, businesses, families and Section V Cross Country. Please consider supporting our sponsor with your tee shirts/apparel needs. Call: 585-377-1041 or contact Coach Reif at coachmr@rochester.rr.com.

Awards: Merchandise awards are provided by Innovative Edge Sports to the top three male and female finishers in each of the following age divisions: High School, Open (19-39), Master's (40-49), Veteran's (50-59), Super Vets (60-69), 70+

CHECK APPROPRIATE BOXES and FEES:

- ☐ **\$24.00 Four Race Series Pre-Entry, includes T-Shirt (if paid on or before 8/4 race)**
- ☐ **\$30.00 Four Race Series and Tour de Pain Pre-entry, includes T-shirt (if paid on or before 8/4 race)**
- ☐ **8/4 \$6.00 Pre-Entry...Masters' Night—5 year age groups for Masters plus regular age group awards.**
\$8.00 Day of race entry
- ☐ **8/11 \$6.00 Pre-Entry...Ladies' Night—all ladies get a prize plus regular age group awards.**
\$8.00 Day of race entry
- ☐ **8/18 \$6.00 Pre-Entry...Open Night—Top 10 Men and Women win prizes plus regular age group awards.**
\$8.00 Day of race entry
- ☐ **8/25 \$6.00 Pre-Entry...High School Night—Top 10 HS Boys/Girls win prizes plus regular age group awards.**
\$8.00 Day of race entry
- ☐ **8/25 \$10.00 Pre-entry – TOUR de Pain 5K, Mile Run, 400 m . Cross Country Scoring based on place in each race**
\$15.00 Day of race entry. Finishers get "I Survived the Tour" tank top. All races and awards at Cobbs Hill Park.
- ☐ **"Trails are great" T-Shirt sold separately—\$6.00**

Total Enclosed: \$ _____

Make checks payable: Genesee Valley Harriers Mail to: Jeanne Herrick 129 Highland Parkway, Rochester, NY 14620

Information Contact: Jeanne Herrick (jherrick1@rochester.rr.com) or Coach Mike Reif (coachmr@rochester.rr.com)

LAST NAME _____ FIRST _____ AGE _____ GENDER: M F

ADDRESS _____ CITY/TOWN _____ STATE _____ ZIP _____

EMAIL _____ PHONE (____) _____ Shirt Size (circle): S M L XL XXL

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 Genesee Valley Harriers Running Club Inc. including it's members and officers, Innovative Edge Sports, City of Rochester and the Parks Department, 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 (Parent if under 18 yrs.) _____ DATE _____