



2009 Youth Development Cross Country Series For Children 13 Years and Under

Cobbs Hill Park, Rochester

Thursday's: August 6, 13, 20 @ 6:30pm;
August 27 @ 6:00pm

Registration Begins at 5:30 pm in the open field at the corner of Monroe and Highland Avenue's, 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 ¼ Mile, ½ Mile and 1 Mile Runs. **Note:** Aug 27 race will begin at 6:00pm

Awards Awards to all runners who complete the ¼ Mile, ½ Mile, or 1 Mile runs. Awards to be presented at the conclusion of each race. Children who participate in the "Popsicle Run" receive Popsicles on race day.

Amenities All pre-registrants signed up for the series will receive a custom-designed T-shirt. Refreshments (fruit, water and Gatorade) are available for all children after the runs.

Entry Fees To enter the Series (all four runs) and receive a T-shirt: \$15.00 per child before Aug. 4. After Aug. 4, 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 \$8.00. **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 event and the activity of running. No place will medals be given. Please record your times for your own competitive purpose.. **We need additional help from parents during the runs to ensure that these runs provide all children with the maximum benefit and enjoyment.** Parents are encouraged to help with course marshalling and clean-up. Please see Series Director Pete Glavin or GVH Coach Mike Reif before the race if you want to help out. (gvhxc@rochester.rr.com)

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 \$15.00 Series pre- entry—Incl. Series T- shirt (Circle Size): YS YM YL S

\$5.00 Individual race entry (Circle date): 8/6 8/13 8/20 8/27

Make checks payable to: Peter Glavin and mail to PO BOX 16375, Rochester 14616