



2013 YOUTH DEVELOPMENT CROSS COUNTRY SERIES

for Children 13 Years and Under
Cobbs Hill Park, Rochester



Thursdays: August 1, 8, 15 @ 6:30 pm; August 22 @ 6:00 pm

- Registration:** From 5:15—6:25 pm, except on 8/22, 4:45—5:55 pm, in the open field at the corner of Monroe and Highland Ave. near the entrance to the Cobbs Hill Reservoir. Parking is available along Highland Ave.
- Schedule:** The first Youth Race, the **50 meter Popsicle Run** (5 and under) will begin promptly at **6:30 pm**, followed by the **1/4 mile, 1/2 mile and 1 mile Run**. Note: **8/22 race** will begin promptly 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 per child by July 31st. The Series fee is \$20 per child on/after August 1st. To enter any individual run: \$5 per child per run. This fee does not include a T-shirt. Extra T-shirts can be ordered for an additional \$5.
- Note:** This event is free to all participants ages 5 & under.

SPECIAL NOTICE ON PARTICIPATION

These runs are non-competitive. We want all children to be able to enjoy this and the activity of running. No place awards will be given out. If you want a record of your child's times, that will be your responsibility. We appreciate help from parents during the event in order to ensure all children have a positive experience. If you have any questions contact Jeanne Herrick, Race Director (jherric1@rochester.rr.com) or any member of GVH.

LAST NAME _____ FIRST _____ AGE _____ GENDER: M F

ADDRESS _____ CITY/TOWN _____ STATE _____ ZIP _____

PARENT NAME _____ EMAIL _____ PHONE (____) _____

Check appropriate fees ____ \$15.00 Series (by Aug. 1) including SERIES T-SHIRT SIZE (circle): YS YM YL S
____ \$20.00 Series (after Aug. 1) including SERIES T-SHIRT SIZE (circle): YS YM YL S
____ \$5.00 Individual race entry (Circle Date): 8/1 8/8 8/15 8/22



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

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 its 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.

PARENT SIGNATURE _____ DATE _____