



For race director use:	
date	
amount	
check #	
race tag #	

2017 Pete Glavin Cross Country (PGXC) Series

Hosted by the Genesee Valley Harriers Running Club

Race Entry Form and Information

Come run one or all five of the best Cross Country races in Upstate NY for Open and Masters runners. Individual and Club members compete for individual age group prizes and team awards at each race. Members of Upstate NY Clubs also compete for Series points, awards, and bragging rights. Series individual and team champions will be recognized at Championship Day on Sunday, November 12th. There will be individual and team prize money for Open and Masters on the USATF Niagara Championships on October 29th. USATF membership is required for USATF awards, not the PGXC series.

These races are for the most experienced runners as well as beginners to the sport of Cross Country running. It's fun for all and anyone may participate. The PGXC series is now in its 28th year and was started in 1990 by the late Peter Glavin. Participants earn individual points or club points in various age group competitions at each race. The five races are hosted by local clubs in locations throughout the Southern Tier, Central, and Western NYS.

For more **information** (past results and series rules) go to: <http://www.gvh.net/pete-glavin-xc-series/>

For Club Captains to declare teams: Team declarations should be completed by the Friday night preceding each race.
Go to: <http://pguny.yentiming.com> then click on 'Coach Login'

Check appropriate boxes and fees:
The Series includes all of the five races listed below:

Series Entry:

- \$70.00 - Five Race Series PRE-ENTRY includes long sleeve tech shirt if received by 9/08/17. BEST DEAL
- \$80.00 – After 9/08/17 Entry – Five Race Series and includes a long sleeve tech shirt.

Individual Race Entry:

Individual Race \$20.00

- Sunday 9/10 - Syracuse - 5k - Clay Central Park - 11:00am
- Sunday 9/24 - Akron - 6k - Akron Falls Park - 11:00am
- Sunday 10/08 – Watkins Glen- 6k – Watkins Glen State Park - 11:00am
- Sunday 10/29 - Rochester - 6k – Genesee Valley Park - 11:00am - includes Niagara USATF Championships
- Sunday 11/12 – Canadaigua – FLCC - PGXC Series Championship
11 am - 6k Women's Championship 11:40 - Men's 8k Championship

To register ONLINE go to: <https://runsignup.com/Race/NY/Rochester/PeteGlavinXCSeries>

OR

Make checks to: Genesee Valley Harriers Mail to: Mike Nier 47 Lambton Circle, Rochester, NY 14626

First Name _____ Last Name _____

Address _____ City/Town _____

State _____ Zip _____ 2016 USATF # _____

Phone (____) _____ Age _____ Birthdate ____/____/____ Gender: M F

Email _____ Shirt size if in series: Women's XS S M L Men's S M L

Club: Alternative TC Bergen Elite Checkers AC Cornell Running Club FLRC GBTC GVH High Noon
RoadKill Syracuse TC Unattached Corning STRC other(please specify) _____

WAIVER: I know that running a cross country, trail or road 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, the race site owners and/or municipality where they are located, 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 Signature if under 18 yrs. _____ Date: _____