

2018 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. Individuals and Clubs compete for 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 21th. 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 29th 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 Western New York.

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

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 a tech running hat if received by 9/08/18
- \$80.00 – After 9/08/18 Entry – Five Race Series and includes a tech running hat

Individual Race Entry:

Individual Race \$20.00

- Sunday 9/09 - Newark - 5k - Sarah Coventry - 11:00am
- Sunday 10/07 - Buffalo - 6k - Akron Falls Park - 11:00am
- Sunday 10/21 – Rochester - 6k – Mendon Ponds Park - 11:00am - USATF Niagara Championship
- Sunday 11/04 - Ithaca - 6k – Taughannock Falls State Park - 11:00am
- Sunday 11/18 - Syracuse – Drumlins Golf Course - 8k - 11:00am - PGXC Series Championship

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

OR

Make checks to: Genesee Valley Harriers and mail to: PGXC Series, 47 Lambton Circle, Rochester, NY 14626

First Name _____ Last Name _____
 Address _____ City/Town _____
 State _____ Zip _____ 2018 USATF # _____
 Phone (_____) _____ Age _____ Birthdate ____/____/____ Gender: M F
 Email _____

Club: Alternative TC Bergen Elite Checkers AC Cornell Running Club FLRC GBTC GVH High Noon
RoadKill Syracuse TC Unattached Corning STRC The B Team Other _____

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: _____



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