



# WARINANCO PARK 2009 SUMMER XC SERIES

Benefitting the Roselle Catholic High School Cross Country Team

- Dates:** Wednesdays - July 1, 15, 29 and August 12, 25
- Time:** Races Start at 6:45 PM, Registration Begins at 5:45 PM
- Amenities:** Age Group Prizes and Overall Series Male and Female Award  
(Highest Point Totals based on overall finishes in three best races)
- Where:** The famous high school 5K dual meet course at Warinanco Park in Union County (E. St. Georges Avenue, Roselle, NJ)

This series is designed for runners of all ages! It is ideal for the runner looking to get off the roads onto a grassy surface. For high school and middle school runners, it provides an opportunity to get together and run with friends (and/or test your fitness).

For more information, visit [www.racingnj.com](http://www.racingnj.com) or call 609-577-6595

Please make checks payable to: Racing NJ Mail to: A. Siuta 186 Pleasant Valley Road, Titusville, NJ 08560

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sex: \_\_\_ M \_\_\_ F Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ USATF # \_\_\_\_\_

Race: \_\_\_ July 1 \_\_\_ July 15 \_\_\_ July 29 \_\_\_ Aug 12 \_\_\_ Aug 26 \_\_\_ Series \_\_\_

	Race	Series
<b>Pre-Registration: (Before June 28<sup>th</sup>)</b>		
Age 17 or Under	\$4	\$15
Ages 18 +	\$5	\$20
USATF Members	\$4	\$15
<b>Race Day-Registration:</b>		
Age 17 or Under	\$ 5	\$20
Ages 18 +	\$10	\$25
USATF Members	\$ 10	\$20

I, the undersigned, know that running is a potentially hazardous activity. I should not enter my child unless he/she is medically able and properly trained. I agree to abide by any decision of a race official relative to his/her ability to safely complete the race. I assume all risks associated with my child running in these cross country events, including but not limited to falls, contact with other runners, the effects of the weather, including high heat and humidity, traffic 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 my entry, I for myself and anyone entitled to act on my or my child's behalf, waive and release Roselle Catholic High School, the race directors, all organizing committees, the County of Union, all their sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also approve the inclusion of my name and city of residence in the race results posted on the RacingNJ website.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent's or Guardian's Signature if under 18 Years of Age)