

2011 Elementary and Middle School Cross Country

August 29, 2011, through October 3, 2011

Woodland Park Baptist Church

Chattanooga, Tennessee

Race Courses

Elementary grades 3-5 run a 1 mile course that is flat and all grass.

Middle school grades 6-8 run a 2 mile course that has a good size hill and is on grass and dirt trails.

Races Begin

4:15 p.m. Elementary boys

4:30 p.m. Elementary girls

4:45 p.m. Middle School boys

5:00 p.m. Middle School girls

Fee: \$1.50 per runner

For Information:

Jim Steffes (423) 313-0602 or Chad Varga (423) 875-3642

E-mail: Jim@bartohoss.com cvara@frontrunnerathletics.com

Name _____

School _____

Age _____ Gender M ___ F ___

Athlete's Release

I know that running a race is potentially a hazardous activity. I should not enter or run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, dehydration, traffic, ice, and the conditions of the road, grass, and trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Woodland Park Baptist Church, City of Chattanooga, Chattanooga Cross Country League, all sponsors, Race Directors, their agents, servants, and volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though this liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Parent's Signature: _____