

Cross Country Relay

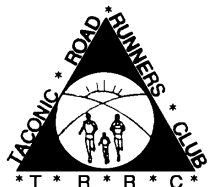
Blue Mountain Reservation

Saturday, December 12 2009 10:00 a.m.

Female – 3 runners per team – Fee \$15 per team

Male – 4 runners per team – Fee \$20 per team

All runners compete on the same 3+ mile course!



Race begins and ends at the Blue Mountain Lodge
Pancake breakfast after race – Showers available at the Lodge

Awards for male and female teams in the following categories: High School, Open and Master.
Mixed teams are allowed but are scored with the men's teams.

Category: _____ High School _____ Open _____ Masters

Team Name: _____ Sex: M F Mixed

Members of team (In Order of running, Print clearly)

	AGE		AGE
1.		2.	
3.		4.	

I know that running a road/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 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, traffic and the conditions of the road, all such risks being known and appreciate 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 the Taconic Road Runners Club, Blue Mountain Reservation, and all sponsors, their 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 of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purposes. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

Signature; of team member; (Parent's; signature if runner under 18)

1.	2.
3.	4.

Make Checks payable to TRRC. P.O. Box 711, Shrub Oak, NY 10588

Race Information: Bill Foley billskifoley@aol.com