



Southern High School Cross Country Team Fun Run

1 mile youth fun run

3 mile youth and adult fun run

Donations Benefit the Southern High School Cross Country Team

WHEN Saturday, September 10, 2016 (rain or shine)

WHERE Registration and start at Southern High School Stadium (down Harwood Road)

TIME 1 mile kids run (12 and under) starts ~10:00 AM (timing stops at 15 minutes)

3 mile run starts ~10:20 AM (timing stops at 40 minutes)

REGISTRATION Saturday, September 10, 2016, 8:30 AM to 9:45 AM

ENTRY FEE \$5 Cash donation for each entry

POC Coach Doug Ellmore, Sr.

[Email: doug@ellmore.net](mailto:doug@ellmore.net), cell: 301-807-2193

Approximated Course Maps:

1 mile - <http://www.usatf.org/routes/view.asp?rID=581215>

3 mile - <http://www.usatf.org/routes/view.asp?rID=523877>

- *Finish times will be posted with participant race bib number at www.southernathletics.org!*
- *Low cost race for your personal donation!*
- *Finish before your family and friends for bragging rights!*

EVENT: 1 Mile Fun Run 3 Mile Walk **Gender** Male Female

Participant Printed Name _____ **Age on Race Day** _____

Phone _____ **Email** _____

Street _____ **City** _____ **St** _____ **Zip** _____

WAIVER & RELEASE: I recognize that participating in this activity may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement in this activity, including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, the condition of the course, are all risks being known and appreciated by me. Having read this Waiver and Release, knowing these facts, and in consideration of my being accepted into this event, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors and hosts and their representatives and successors from all claims or liabilities of any kind arising from my involvement in this event.

Signature of Entrant _____ Date _____

Signature of Parent If
Entrant Under 18 _____ Date _____