
Team History

Founded by parents of St. James Parish and the St. James KofC in Woodbridge, New Jersey, the club (at the time of this printing) has sent 160+ qualifying runners to the Junior Olympics Cross Country National Championships. This is a remarkable success record.

The reason for this success ?

Club member families have come together to achieve a team goal. The goal has always been to participate and experience running competitively. Not all of the runners may advance to the National Championship, but what they experience has always been the most valuable reward.

“Focus, Preparation, Acceptance of a Challenge”

“Things in motion sooner catch the eye than what not stirs.” – Shakespeare

We hope all of our members will enjoy running as much as the coaching staff does.



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Crimson Knights
83 North Hill Road
Colonia, New Jersey 07067

Crimson Knights Youth Cross Country Team

USATF-NJ Club #07-0285



Club Information and
Membership Details

Fall 2026



Membership Fees/Due and Expenses

Membership fees for the 2026 season are as follows:

Athlete Participation: **\$75 each runner**
This includes:

1. **Race entry fees for any Invitational Cross Country Meet, and/or an optional meet selected by the coaching staff**
2. **Race entry fees for all USATF Junior Olympic Championship Races in 2026**
3. **Race Shirt included (Team sweats and other items have additional costs)**

Members, parents and guardians are obligated to participate in the clubs fund raising efforts to help offset additional costs for team travel, athlete sponsorship, team registration dues, certain social events such as team gatherings and receptions. Failure to participate in these efforts can result in membership cancellation **

The club will cover all entrance fees for the following races:

- USATF Race Dates:
 - NJ Association Championship TBD – in New Jersey
 - CCCNYC National Championship Elvin R. King Cross Country Course, Cedarville University, Cedarville, Ohio
- Athletes require an Annual USATF Youth Membership fees are approximately \$30.00 per year and membership can be completed on the USATF website at www.usatf.org. Runners will need to join or renew with USA Track & Field if they do not have a valid 2026 number. The team staff will provide more information about the membership to new athletes during the month of September - October. Registration for the State, Regional and National Championship meets require this number, without exception. The Club does not cover these membership expenses.

Membership Fees/Dues and Expenses (continued)



- Members, parents and guardians should expect to pay (and/or subsidize) some portion of the member participation in youth races. Travel, hotels, food on the road, etc. at the Regional and National Championship races. These costs can only be determined (and minimized) based on the success of the club's fundraising efforts. **
- Optional uniform purchases can include warm-up suits, bags and optional shirts. Purchase of these items is part of the team fundraising efforts.
- Developmental Races such as Shore AC/Holmdel and other team elected race participation are an additional expense. Race fees for these meets average \$5 per race. There are usually 6-8 races during the season.
- The team's athletes may participate in one or two additional races during the season. Race participation will be optional for each athlete. If an athlete does participate in these additional races, a participation fee will need to be paid by the parent or guardian for each race. Fees will be disclosed upon determination and identification of an additional race.

****Based on success (or failure) of the fundraising efforts of the team and individual athletes, the team may be forced to implement an additional membership fee to help offset costs associated with team operations. We hope that all members will strive to make the fundraising efforts a success.**

Team Summary

Crimson Knights Youth Cross Country is a small, very successful Cross Country Team that stresses training fundamentals and sportsmanship.

Our members are boys and girls between the ages of 8 and 14 years old. Most are students in the Woodbridge Township area.

Our coaching staff is comprised of experienced runners and instructors that have been certified to teach these all important training techniques and skills to youth athletes.

Request to join the Crimson Knights

You can also join online www.leaguelineup.com/ckcc and click on "Join Now"

Athlete's Name: _____

Male or Female: _____

Athlete's Age & DOB: _____

Parents Name & Signature: _____

Date: _____

Phone #: _____

Permission and Waiver

Membership in the Crimson Knights is voluntary for the youth runners. Parents and guardians acknowledge this and waive claim or claims that may be derived from any accident or injury sustained by their son or daughter en-route, during and returning from all athletic events and agree to indemnify and save harmless the schools, churches, athletic departments, the USATF, and each of the above references organizations' staff (coaches and adult supervisors) working on their behalf.

Additionally, should an emergency arise and any parent or guardian cannot be contacted immediately, they hereby authorize the above referenced staff to act on their behalf and approve appropriate treatment.

Parents and Guardians may be asked to initial an official team roster acknowledging their receipt, review, acceptance and approval of the enclosed information. However, receipt of this handout serves as parental acknowledgement.