Test your summer training and sharpen your race skills (& your spikes) on NKU’s new Cross Country training course on campus in Highland Heights, KY! The rolling terrain and newly carved trails offers challenges to runners of all ages.

**We race at 7pm on the following days in the summer of 2017**

<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Race</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, July 25</td>
<td>3200</td>
<td>Race 1</td>
<td>$5</td>
</tr>
<tr>
<td>Tuesday, August 1</td>
<td>3200</td>
<td>Race 2</td>
<td>$5</td>
</tr>
<tr>
<td>Tuesday, August 8</td>
<td></td>
<td></td>
<td>$10</td>
</tr>
</tbody>
</table>

**Ample parking, restrooms (no showers)**

Pre-register for the entire series for only $25 and receive entry for all 3 races and a limited edition Adidas Climalite T-Shirt. MUST pre-register for all (3) races in order to receive t-shirt.

Aside from the above pre-registration package, which can be paid at any time up to the race on July 25, registration will be handled on race day. All participants will have to sign a liability release form at registration and Children under the age of 18 will need to have a parents or legal guardians consent to participate (consent form attached). Gatorade products and water will be provided for all participants at the end of all races.
OFFICIAL ENTRY FORM – NKU SUMMER CROSS COUNTRY SERIES

PLEASE PRINT

Last Name ______________________________________ First ______________________ SEX: M ____ F____

Address ______________________________________________________________________________________

City ___________________________ State ______ Zip __________________

Telephone (__________) ___________________________ Age (as of race day) ________________

Email _______________________________________________________________________________________

Adult Shirt size ___________ (S-XXL)

WAIVER OF LIABILITY AND STATEMENT OF FITNESS

In consideration of acceptance of this entry and permission to participate in Northern Kentucky University’s (NKU) Summer Cross Country Series, I hereby waive and give up for myself, my heirs, agents, assigns, representatives and family members, any and all claims against Northern Kentucky University (including its representatives), the state of Kentucky and its subdivisions, the county of Campbell and its subdivisions, any and all sponsors, and against any person associated with the NKU Summer Cross Country Series, which may directly or indirectly result from my participation in said run. I further state that I am in proper physical condition to run or walk up to a 3200 meter (2 mile) distance, and that I am 18 years of age, or older, or if younger than 18, that my parents or legal guardians have approved my participation in this event by co-signing this waiver. I am aware of the effects of the hot Northern Kentucky climate in July & August and furthermore am aware that as a cross country race this event takes place off-road on various grass, dirt, gravel and often uneven surfaces. I also give my permission to Northern Kentucky University to use any photographs, video or other recordings of me that are made during the course of this event.

_________________________ __________________________
Signature Date

_________________________ __________________________
Parents Signature (if under 18) Date

EMERGENCY CONTACT NUMBER (__________) __________________________________________

TO PURCHASE SERIES PACKAGE

COMPLETE INFORMATION ABOVE, MAKE CHECKS OR MONEY ORDERS FOR $25 PAYABLE TO:
NKU Foundation-Go Norse Fund

$25 - 3 RACE PACKAGE REGISTRATION INCLUDES:
• Entry to all 3 XC series races
• Limited edition Adidas Climalite T-Shirt

MAIL OR BRING COMPLETED FORM TO:
NKU Athletics • Attn: Steve Kruse • Nunn Drive • Highland Heights, KY 41099-7500