



Indians Cross Country Boosters
Dr. Bender Cross Country Classic
 Open 5K & Alumni-Military Challenge / Middle School Age 2-Mile / Elementary Age 1.5K



WHEN: Saturday, July 17, 2010: **Elem. Age 1.5K** @ 8 a.m. / **M.S. Age 2-Mile** @ 8:30 a.m. / **Open 5K** @ 9 a.m.
WHERE: Canal Winchester High School, 300 Washington Street, Canal Winchester, Ohio 43110

- | | | |
|-------------------------------------|---|-----------------------------------|
| ☆ CROSS COUNTRY course | ☆ 3/8 inch spikes welcome | ☆ Split times at each mile |
| ☆ Refreshments at the finish | ☆ T-shirts to first 250 entrants | ☆ Lots of awards |

ENTRY FEE: Individual: \$15 (postmarked by July 4) Family: \$35 (postmarked by July 4)
 Individual: \$20 (after July 4) Family: \$50 (after July 4)

TIME SCHEDULE:

7 a.m. – 7:45 a.m.: Race day registration for Elementary Age 1.5K race
 8 a.m.: Elementary Age 1.5K race starts
 7 a.m. - 8:15 a.m.: Race day registration for Middle School Age 2-Mile
 8:30 a.m.: Middle School Age 2-mile race starts
 7 a.m. - 8:45 a.m.: Race day registration for Open 5K
 9 a.m.: Open 5K – Alumni / Military Team Challenge race starts
 Awards from Columbus Running Company presented after each race.
 NCAA rules permit gift certificates as awards.

**Proceeds benefit
 Canal Winchester
 CROSS COUNTRY
 & OPERATION
 HOMEFRONT**

AWARDS:

Elementary Age 1.5K: Top 14 male & top 14 female finishers.
Middle School Age 2-Mile: Top 14 male & top 14 female finishers.
Open 5K: Top three males and females in each age group, plus awards to the top three over-all male & female finishers.
Alumni / Military Team Challenge 5K: First and second place four-person teams (see Alumni / Military Team Challenge Rules @ <http://sites.google.com/site/cwcrosscountry/>)

AGE GROUPS:

Elementary Age 1.5K: will be in sixth grade or below **Middle School Age 2-Mile:** will be in seventh or eighth grade
Open 5K: 16 & under, 17-19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60+

QUESTIONS? Contact Doug Williard at: dwilliard@wowway.com

REGISTRATION FORM & ALUMNI / MILITARY CHALLENGE RULES: <http://sites.google.com/site/cwcrosscountry/>

Check race entry below:

- | | |
|--|--|
| <input type="checkbox"/> <u>Elementary Age 1.5K Cross Country Race @ 8:00 a.m.</u> | Alumni race: If you graduated from a college or high school you're automatically entered! |
| <input type="checkbox"/> <u>Middle School Age 2-Mile Cross Country Race @ 8:30 a.m.</u> | School name: _____ |
| <input type="checkbox"/> <u>Open 5K Cross Country Race @ 9 a.m.</u> | Military Branch (Army, Navy, Marine, Air Force, Coast Guard): _____ |

- Family entries - submit one entry form for each family member, staple family entries together
- Mail this form with entry fee (checks payable to "Indians Cross Country Boosters") to: S. Meidl, 6632 Evendale Court, Canal Winchester, Ohio 43110
- Due to OHSAA rules, school uniforms are not permitted
- NCAA rules permit gift certificates presented as awards

NAME: _____ **AGE** (on race day): _____

SEX: M F **Elementary & MS entrants: Will be in grade level:** _____

STREET ADDRESS: _____ **PHONE:** _____

CITY: _____ **STATE:** _____ **ZIP CODE:** _____

E-MAIL ADDRESS: _____

SHIRT SIZE (check one) youth adult / **SIZE** (check one) S M L XL XXL

In consideration of the foregoing, I, myself, my executors, administrators, and assigns, do hereby release and discharge Canal Winchester Schools, Indians Cross Country Boosters, the race committee, the City of Canal Winchester, and all race sponsors, officials, and associates from all claims of damages, demands, actions and causes of action whatsoever in any manner arising out of my participation. I grant permission to all of the foregoing to use my photographs, name, videos or any other recording of this event for legitimate purpose.

signature of runner

parent or guardian (if under 18)

date