



CROSS COUNTRY CLASSIC

5K RUN/WALK

Sunday, October 17, 2010, 10:00 am
Saratoga Spa State Park, Saratoga Springs, New York
Open and USATF Adirondack Championship

The course is the 5K Championship Course in the Spa State Park that is the home course of the Saratoga Springs High School Cross Country Team, ranked number one in the United States. The race starts and finishes on the wide grass area between the Spa Little Theater and Hall of Springs Parking Lot. The course is a combination of flat and hilly, open and wooded trails.

Fees:

\$20.00 until October 12, 2010 • Day of Race Registration \$25.00
Kids Classic - \$5.00 • 11 years of age and under

NAME: _____

CIRCLE ONE: MALE FEMALE

ADDRESS: _____

CIRCLE RACE ENTERED:

CITY: _____

- 1K Kids Run (shirt not included)

STATE: _____ ZIP: _____

- 5K Run/Walk

PHONE: _____

- USATF 5K CHAMPIONSHIP
USATF 2010 MEMBERSHIP NUMBER _____

EMAIL: _____

CIRCLE SHIRT SIZE: S M L XL XXL

AGE ON DAY OF RUN: _____ D.O.B.: _____

**Moisture Wicking T-Shirt Guaranteed
if Registered by October 4, 2010**

Make checks payable to: Saratoga National Bank Cross Country Classic

Mail Entry to: Saratoga National Bank XCC
c/o AREEP
PO Box 38195
Albany, NY 12203

Release: In consideration of my accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, or anyone entitled to act on my behalf, want and release any and all rights and claims for damages that I may have against The Saratoga National Bank, City of Saratoga Springs, Saratoga Spa State Park, any officials or promoters of this race, all sponsors, volunteers, successors and assigns for any and all injuries suffered by me in said event. I attest and verify I am physically fit and have sufficiently trained for the completion of this race.

SIGNATURE: _____

Signature of parent or guardian (if under 18 years of age.)

INFO: 584-3114 E-MAIL: jallen3@nycap.rr.com

PROCEEDS TO BENEFIT SARATOGA CENTER FOR THE FAMILY