

Lightning Running Club (LRC) Youth Running:
2009 CROSS COUNTRY (XC) REGISTRATION ANNOUNCEMENT & FORM



LRC XC Registration Announcement

2009 Fall XC for Youth Ages 4 - 14

To register for the **2009 LRC XC program**, please complete the attached **Registration Form**.

In-person registration is being held on:

- Sunday, June 28 – 4 PM to 5 PM at Kemptown Park (Upper Pavilion);
- Saturday, July 25 – 2 PM to 5 PM at the ***If the Shoe Fits*** running store in Frederick, MD. LRC youth receive a 10% discount on shoes.

You may also mail registration material to the address below or bring it to the first official team practice on Tuesday, August 25 (from 6 PM to 7:30 PM). The XC team practices at Kemptown Park (Upper Pavilion).

Costs: The registration fee is \$80 per athlete (ages 7 & up). Fee for children running in the 6 & Under age group is \$40 (age as of 12/31/09).

- Registration fee does not include cost of team uniform.

Questions: Contact Dr. Darcy Strouse via e-mail: lrc_xc@yahoo.com

Mailing address: [8509 Guertin Ct., Frederick MD 21704](mailto:lrc_xc@yahoo.com)

Further information available at: www.xecu.net/strouse/lrc-xc

Lightning Running Club (LRC) Youth Running: 2009 CROSS COUNTRY (XC) REGISTRATION ANNOUNCEMENT & FORM

Child's Last Name: _____ Child's First Name: _____

Father's Name: _____ Mother's Name: _____

Address: _____

Email Address: _____

Phone Number: _____ Child's School: _____

Child's Gender: ___F ___M Child's Grade: _____ Age Today: _____

Birth Date: _____ Age on 12/31/09: _____

**Select Appropriate Cross Country Event for Your Child Based on the Following Age Groups
(age as of 12/31/09):**

✓	Race Age Group	Race Distance
	6 & Under	1 km (1000 meters, 0.62 miles)
	7 & 8 (Sub-Bantam)	2 km (2000 meters, 1.24 miles)
	9 & 10 (Bantam)	3 km (3000 meters, 1.86 miles)
	11 & 12 (Midget)	3 km (3000 meters, 1.86 miles)
	13 & 14 (Youth)	4 km (4000 meters, 2.48 miles)

Registration Costs:

6 & Under \$40
7-14 \$80

** Team uniform is available for purchase separately.

Please make check payable to: LRC

Parent Checklist (Volunteers Needed During the Season):

✓	Activity	Sub-activity
	Asst. Coach	
	Home Meet Support	
		Concessions
		Registration
		Course Monitor
		Finish Line

Waiver – As the parent or guardian of this child, I authorize participation in the above youth running program. I assume all risks and hazards incidental to such participation both during the activity and en-route, and do hereby release and waive all claims against the LRC, its staff, volunteers, and participants. I also grant permission for emergency first aid to be given to my child in case of injury.

Refund Policy: No refunds will be given after the first two weeks of practice have been completed.

Parent Signature: _____ Date: _____