



# **Lightning Running Club (LRC) XC**

## **Registration Announcement 2008**

### **Fall Cross Country (XC) Running Team Youth Ages 4 - 14**

To register youth for participation in the **LRC 2008 XC** program, please complete the attached **Registration Form**.

- **In-person registration on Saturday, August 23, 2 PM to 5 PM at the *If the Shoe Fits* running store in Frederick. Youth running shoes are discounted 10% for LRC members.**
- You may also mail it to the address below or bring to the first team practice on Tuesday, August 26 (from 6:00 PM to 7:30 PM). The XC team practices at Kemptown Park (Upper Pavilion).

The registration fee is \$75 per athlete (ages 7 & up). Fee for children running in the 6 & under age group is \$35 (age as of 12/31/08).

- Registration fee does not include cost of team uniform.

**Questions: Contact Dr. Darcy Strouse via e-mail: [lrc\\_xc@yahoo.com](mailto:lrc_xc@yahoo.com)**

**Mailing address: [8509 Guertin Ct., Frederick MD 21704](#)**

Further information available at: [www.xecu.net/strouse/lrc-xc](http://www.xecu.net/strouse/lrc-xc)

## Lightning Running Club (LRC) Youth Running Program: CROSS COUNTRY (XC) REGISTRATION FORM

Child's  
Last Name: \_\_\_\_\_ 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 12/31/08: \_\_\_\_\_

**Select Appropriate Cross Country Event for Your Child Based on the Following Age Groups  
(age as of 12/31/08):**

✓	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)

**Costs**

6 & Under      \$35  
7-14              \$75

Team uniform is available for purchase separately.

Make check payable to: LRC

**Parent Checklist (Volunteers Needed During the Season):**

✓	Activity	Sub-activity
	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: \_\_\_\_\_