Last Name _____ First Name _____ Bib # _____

Summer Grand Prix Cross Country Race Series 2013

Sponsored by: The Journal Inquirer Wickham Park The Silk City Striders

Dates: Monday Nights – July 8 & 22 and August 5, 12 & 19
(In the event of cancellation the race will be rescheduled for Tuesday.*)

Location: Wickham Park – Meet at the back Parking Lot
(where the State High School Cross Country races finish)
*Cancellation Information: 860-649-6426

Time and Distance 6:00 p.m., Boys & Girls - 1 mile for ages 13 and under
6:30 p.m., Men & Women - 2.6 miles for ages 14 and older

Entry fee: $4.00 (13 & under) $15.00 Pre-Registration for the Series $21.00 with T-Shirt*
$5.00 (14 & over) $20.00 Pre-Registration for the Series $26.00 with T-Shirt*
*Summer Series T-shirts are available for an extra $6.00 for Pre-Registered Runners
(Pre-Registration deadline is June 14th).

Make checks payable to:
MIKE BENDZINSKI

Mail check and entry form to: SILK CITY STRIDERS
c/o Bekkie Wright
547 Forbes Street
East Hartford, CT 06118-1750

Awards: To be eligible for an award you must run in 4 out of 5 races during the summer.
Trophies will be presented to the top 2 finishers in each age group and medals to any other runner completing the series.

Age Groups*: Boys & Girls - 1 Mile Race - 9 & under, 10-11, 12-13
Men & Women - 2.6 Mile Race - 14-15,16-18, 19-29, 30-39, 40-49, 50-59, 60 & older
*Age is based on age as of July 8, 2013

Name _____ Age* (as of 7/8/2013) _____ Male ☐ Female ☐

Address _____

City _____ State _____ Zip _____

Email Address: _____

Check shirt size: (*Pre-Reg Only - $6.00 per shirt) Sm. ☐ Med ☐ Lg. ☐ XL ☐

Release: In consideration of the acceptance of my entry, I, for myself, my heirs, executors and assigns, waive, release and discharge any and all rights and claims for damages against the meet director, officials, Wickham Park, the Journal Inquirer, and the Silk City Striders for all claims of damages, actions whatsoever in any manner arising or resulting from my participation in these races. I attest and verify that I have full knowledge of the risks involved in this race series, and I assume these risks, and that I am physically fit and sufficiently trained to participate in these races.

Signature _____ Date _____

Parents permission signature if under 18 _____