

AMHERST YOUTH CROSS COUNTRY RUNNING SERIES

For girls and boys age 6-13

6:00 p.m. Every Wednesday, July 8-Aug. 19, 2009

Mill River Recreation Area, off Montague Rd. (Route 63) one-quarter mile north of North Amherst center.

Experience the joy of distance running. Be fit and fast! Learn exercises to improve your speed, strength and endurance. Cross country is a fun one-and-a-half mile race over fields and trails. Run like a leopard at the Amherst Youth XC Running Series.



Please contact series coordinator Eric Nazar at ericnazar@hotmail.com with any questions. Register online at www.lsse.org, by mail using this form, or fax at (413)259-2407.

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AMHERST YOUTH CROSS COUNTRY

REGISTRATION FORM 2009

Participant Name: _____ DOB: _____ Sex: ____ School: _____
 Parent/Guardian: _____ Address: _____
 Town: _____ Home Phone: _____ Work Phone: _____
 Cell Phone: _____ E-mail: _____
 Emergency Contact Name (other than parent/guardian): _____
 Home Phone: _____ Work Phone: _____ Cell Phone: _____

Waiver of Liability: In signing this entry for my child and giving permission for my child to participate in the Amherst Youth Cross Country Running Series, I hereby for my child, myself, my spouse and my heirs and administrators, assume any and all risks that might be associated with participation in the league. I waive and release any and all rights and claims for damages that I may have with the organizers, The Town of Amherst, all sponsors, and any other person, group or business associated with the track league, their representatives, successors, and assigns for any and all injuries or damages of any kind suffered by my child or me or my property as a result of taking part in the youth cross country running series.

Parent or legal guardian: (please print) _____
 Signature _____ Date _____

Payment Info:

Registration Fee (7 race series):	\$28
Non-Amherst Resident Fee:	+ \$10
Late Fee-after 6/29/09:	+ \$10
Total:	\$ _____

Check: payable to Town of Amherst	
Credit Card: Discover, Visa or Mastercard (circle one)	
Name on Card: _____	
Acct. No. _____	_____
Exp. date _____	Signature _____

Return registration form with payment to Amherst Leisure Services, 70 Boltwood Walk, Amherst, MA 01002

Sponsored by Town of Amherst Leisure Services (LSSE)