

# 2010 AMHERST YOUTH

# CROSS COUNTRY

## RUNNING SERIES

For girls and boys age 6-13

6:00 p.m. Wednesdays, June 30-Aug. 18, 2010 (no meeting July 14)

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 to three mile run over fields and trails. Athletes will be grouped by age and ability. Run like a leopard at the Amherst Youth XC Running Series.

TOWN OF AMHERST



Leisure Services and  
Supplemental Education

Please contact Coach Eric Nazar at [ericnazar@gmail.com](mailto:ericnazar@gmail.com) or call 413.695.3515  
Register online at [www.lsse.org](http://www.lsse.org), by mail using this form, or fax at (413) 259-2407

✂-----

### AMHERST YOUTH CROSS COUNTRY

### REGISTRATION FORM 2010

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 run series):       \$39  
Non-Amherst Resident Fee:       (+ \$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)**