

ALUMNI & OPEN 5K CROSS COUNTRY RACE
SATURDAY, SEPTEMBER 6th @ 12:30 P.M.
BLOOMSBURG UNIVERSITY – UPPER CAMPUS

Join us for a day of races on the scenic Upper Campus of Bloomsburg University. The Husky Invitational college cross country invitational will be held earlier in the morning with this being the final race of the day. Take on a different challenge from the roads and enjoy the opportunity to race on a 5k cross country course. Bloomsburg graduate or not, all are welcome!

REGISTRATION: Registration fee is \$15.00 (PAYABLE TO: BUF/ XC & TRACK) and will include a shirt for all entries received by Friday, August 22nd. A limited supply of shirts will be available for race-day registrants on a first-come/first-serve basis, sizes not guaranteed. *Race day registration will be available until 12:00 noon at the packet pick up table in front of Nelson Field House.* Proceeds from the race will benefit the cross country and track teams' athletic scholarship fund.

Mail entry form and fee to:

Karen Brandt, XC Coach
C/o Bloomsburg University
400 East Second Street
Bloomsburg, PA 17815

Phone# 570-389-5123

email: kbrandt@bloomu.edu

COURSE: The 5K course winds around the playing and intramural fields of Upper Campus and finishes flat and fast on the soccer fields but does contain some hills.

AWARDS: THERE WILL BE SEPARATE ALUMNI & OPEN AWARDS
Plaques to the 1st and 2nd place male and female finishers
Plaques to the 1st Masters male and female finishers
Male & female age group awards (at least 1 per age group; additional awards based upon pre-registration): 19 & under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55+

ALUMNI ONLY: There will be a picnic lunch under the tent following the race. You and your family are invited to attend. Please indicate in the space below how many will attend.

ENTRY FORM

NAME: _____ AGE: _____ GENDER: M or F

ADDRESS: _____ CITY: _____ STATE: _____ ZIP CODE: _____

T-Shirt Size: S M L XL PHONE: _____

Emergency Contact: _____ Phone: _____

ALUMNI ONLY: - # of guests for lunch: _____

Year of Graduation: _____

I know that running a cross country race is a potentially hazardous activity. It is my declaration that I consider myself in such physical and medical condition and that I have sufficient training to enable me to participate in this event. I agree to abide by any decision of a race official relative to my ability to safely complete this race. I assume all risks associated with running this event including but not limited to falls, contact with other runners, effects of weather including high heat and/or humidity, traffic, insect bites and/or bee stings, and course conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts I for myself and anyone entitled to act on my behalf including but not limited to heirs, executors and administrators, waive and release Bloomsburg University, its officers and agents, all sponsors, their representatives and successors, including the claims and liabilities of any kind arising from my participation in this event. The race directors reserve the right to reject any entry.

Participant's signature: _____ Date: _____

Signature of parent or guardian (if under 18): _____

WE WELCOME OPEN ATHLETES & COACHES TO PARTICIPATE!