

# Homegrown XC Series # 2    September 20<sup>th</sup> @ 9am

The 2nd installment of the Homegrown XC Series; a low-cost, no-frills series of races designed to support the club in its goal of promoting cross county running and athletics in the community. Proceeds will be used to create the Homegrown AC Scholarship fund, providing financial assistance for athletes in need.

These are for those who understand it isn't all about t-shirts and winning medals...it is about RUNNING.

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**Location: James W. Olley Park - 97 Sherman Avenue Walden, NY**

- **PREREGISTER** - \$12 adults, \$6 youth @ [runsignup.com/Race/NY/Walden/HomegrownXCSeries2](http://runsignup.com/Race/NY/Walden/HomegrownXCSeries2)
- **RACE DAY** - \$15 adults, \$9 youth - CASH/CHECK (pay to "Homegrown Health and Fitness")

Race Day registration begins at 8:00am. Athletes can walk/jog the course until 8:50am.

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## WANT TO STOP POUNDING THE PAVEMENT???

Minimal strides on pavement, this is a spectator-friendly cross country course ran through trails, around the lake and over rolling grass hills of the 99 acre park in Walden, NY.

**Races (check):**    5k @ 9:00am\_\_\_    3k @10:00am\_\_\_    (ONLY adults can run BOTH 3k/5k)

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Name\_\_\_\_\_ Email\_\_\_\_\_ Age\_\_\_\_\_ Gender\_\_\_\_\_

Address\_\_\_\_\_

In consideration of my entry, I hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages I may have against Homegrown Health & Fitness, Homegrown Athletic Club, USA Track and Field, affiliated grounds and properties, hosts, sponsors, race officials, their representatives, successors and assigns, arising from any and all injuries suffered by me while participating in the Homegrown XC Series. I hereby attest and verify that I am physically fit and have trained for the completion of the event and that my condition has been verified by a Licensed Medical Doctor.

Signature\_\_\_\_\_ Parent Signature (under 18)\_\_\_\_\_



Contact Brian Dobens: [bmdobens@gmail.com](mailto:bmdobens@gmail.com) - call/text 845-313-5296 - [homegrownhealthandfitness.com](http://homegrownhealthandfitness.com)