

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

Join us for a day of races on the scenic Upper Campus of Bloomsburg University.
Bloomsburg graduate or not, all are welcome!

College Men race at 10:00am
College Women race at 11:00am.
Alumni/Open race at 12:30pm

Then on a different challenge from the roads and enjoy the
opportunity to race on a 5k cross country course.

REGISTRATION: Registration fee is \$15.00 (**PAYABLE TO: BUF/ XC & TRACK**) and will include a shirt for all entries received by Friday, August 21st. 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 tent near the finish chute.* Proceeds from the race will benefit the cross country and track teams' athletic scholarship fund.

Mail entry form and fee to:

Bernard Empie, XC Coach
C/o Bloomsburg University
400 East Second Street
Bloomsburg, PA 17815

Phone# 570-389-4891

email: bempie@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: _____ M or F
ADDRESS: _____ CITY: _____ ST: _____ ZIP: _____
PHONE: _____ T-Shirt Size (circle): S M L XL

ALUMNI ONLY: - # of guests for lunch: _____ Year of Graduation: _____

Emergency Contact: _____ Emergency Contact Phone: _____

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 director reserves the right to reject any entry.

Participant's Signature: _____ Date: _____

Signature of Parent or Guardian (if under 18): _____