



2019

SUN CITY HARRIERS & HARD-CORE RUNNERS CLUB PRESENTS:

The 7th Annual

Cross Country Summer Racing Series



Wednesday Nights—7:15pm sharp
Franklin Park/Yakima

Venue: Yakima’s Franklin Park (Meet by the Rotary Pavilion). Drinks and popsicles after each race. 2-Miles.

- Race #1 June 26**
- Race #2 July 17**
- Race #3 July 31**
- Race #4 August 14**

Registration begins at 6:15

7:15 P.M. start time

Entry Fees:

18 & Under—FREE!

Day of Race:

Single race: \$3.00

Whole series: \$10.00

Whole series family: \$15.00

*Scholarships available for anyone that asks, just volunteer to help Coach Erik pick up cones after the race. Make checks payable to Sun City – All proceeds go to Sun City Harrier Cross-Country Scholarship Fund

Awards for each race: Top overall male and female

Age-group awards after last race (must compete in two races to qualify).

Name _____

Birthdate _____ Age _____ M or F

Amount paid _____

Summer Race Series Waiver

I know that running a cross country race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hard Core Runners Club & Sun City, its officers and agents, the American Association of Running Clubs, USATF, the County of Yakima, any and all participating race sponsors, and the director, officers, employees, and agents of such parties, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

Name (print) _____

Date _____

Parent/Guardian Signature if under 18

Results can be found at the Hard-Core Runners Club Website, Facebook, or suncityharriers.com

Call or Text Erik Mickelson for more information: (509) 941-5191 or erik@howardsmedical.com

No pre-registration. Bring form to race but give yourself at least 15-minutes to register and get your number. Also, if we have a night where the temperatures rise above 100-degrees, we may shorten the race to a mile.