

MAX XC 5K CHALLENGE

SATURDAY, 7:30 am

July 19th

Max Cross Country Course, Wartburg College

Race Description

Add some variety to your summer racing schedule! Take a break from the roads, and take advantage of an exciting opportunity to run a race on Wartburg College's Max Cross Country Course!

Awards

- ✓ Overall fastest male and female
- ✓ Top three runners in each male and female category:
 - Ages 11 and under
 - Ages 12-15
 - Ages 16-18
 - Open division- Ages 19 through age 24
 - Age groups- 25-34, 35-44, 45-54, 55-64, 65 & over

Kids Run!!

Bring your little runners! **A free kids' run will start at 8:30 a.m.**

Parking

Gravel Parking lots are available to the south of Max Cross Country Course.

Packet Pick Up and Race Day Registration

The course is located on the West end of the Hertel Athletic fields on the NW corner of Wartburg College campus. Packet pick-up begins at **6:30a.m before the race**. Look for the registration tent near the awards stand area.

Questions???

RACE DIRECTOR: cherish_kueker@msn.com 319-290-0965

(Additional entry forms available at www.wsrcrosscountry.weebly.com)

Any proceeds will go to the W-SR Cross Country program

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ e-mail _____

Age ____ Gender: ☐ M ☐ F Shirt size: * ☐ S ☐ M ☐ L ☐ XL ☐ XXL

***NO T-SHIRT GUARANTEE FOR ENTRIES AFTER July 11.**

Release and Waiver—In consideration of your acceptance of my entry, I hereby waive and release of myself, heirs, executor or anyone who might claim on my behalf, covenant not to sue the event directors, event officials or volunteers from all claims or liability for death, personal injury or personal damage of any kind arising out of or on the course of, my participation in this event. I hereby state that I have full knowledge of the risks involved, foreseen, known or unknown and have conditioned myself to run or walk and lift in this event. I also grant full permission to the event directors and/or agents authorized by them, to have free use of my name and picture in any broadcast, telecast, videotape, print media or any other record of this event for any purpose. Use of e-mail will be for e-mail updates only.

Signature (guardian signature for under age 18) _____

Date _____

ENTRY FEES

HIGH SCHOOL STUDENTS AND
YOUNGER.....\$10
ENTRIES BY JULY 11.....\$15
AFTER JULY 11\$20

TOTAL \$ _____

CHECKS PAYABLE AND MAIL TO:

W-SR CROSS COUNTRY
ATTN: CHERISH KUEKER
2021 IVORY AVE.
WAVERLY, IA 50677

