

Just do it!

**Evening Runs In
Palmer Park (Kid's
Cross Country
Series)**



Palmer Park
Skippack, PA
Tuesdays, September to October

A fall series



1st Race at 5:15
Race against Kid's from
your own grade.

*Come out
and get fit!!*

INFORMATION

DATE & TIMES:

*Tuesday-9/22, Monday-9/28,
Tuesday-10/13. 1st race starts at
5:15PM. Registration starts at
4:45PM at the Pavilion of Palmer
Park.*

AWARDS:

There will be awards for all finishers in each race. There will be series awards based on the total time of all three races. There will be a medal awarded to the first girl and the first boy for each grade.

Costs:

*Registration cost for one race is
\$7.00-This does not include a shirt.*

*\$15- For the whole series. Includes a
shirt at the final race.*

Amenities:

- Great prizes.*
- Great improvement of fitness.*
- Free drinks.*

REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

Grade: _____ SEX: M ___ F ___

School _____

EMAIL: _____

Dates Racing

___ *Tuesday 9/22*

___ *Monday 9/28*

___ *Wednesday 10/13.*

WAIVER: In consideration of the acceptance of this entry, I hereby waive and release all my rights and claims for damages that I or my heirs may have against Skippack Township, Palmer Park, its officials, sponsors and volunteers. I hereby certify that I have properly trained for this event and have been medically certified to be able to participate in this event

Signature _____ Date _____

Parent's Signature _____

All 3 races will be the same distance so the runners can see their progress and improved fitness level over the course of the series. We would encourage participants to run a couple of times per week in preparation for the races.

The series winner for each grade will be determined by total points scored in the series. The scoring is 10 for 1st, 8 for 2nd, 6 for 3rd, 4 for 4th and 2 points for 5th place in each race.

Race Distances and times:

Pre-K-1/4 mile-5:15

Kindergarten and 1st Grade-1/2 mile-5:20

2nd and 3rd grade-3/4 mile-5:32

4th and 5th -1 mile-5:45

6th and 8th-1 mile-5:45

Races of the same distance will be run together. Each grade except grade 6-8 will be scored separately.