

2011 Bill Heideman Memorial Cross Country Series

Presented by: Summit Athletic Running Club

Thursday, August 4th

Thursday, August 11th

Thursday, August 18th

(Championship Night - Chip timing and T-shirts for the first 750 finishers)

Goodyear Heights Metro Park 5K and 2 Mile at 6:30 pm

5K - High School and Open Runners

2 Mile - Junior High School

1 Mile Kids Run and 400 Meter Kids Fun Run

– Open to all ages, Starts at 6:15

Day of Race Registration Only

Entry Fee: All Runners \$5.00 donation for August 4th and 11th

Entry Fee: All Runners \$10.00 donation for August 18th (Chip Timed)

All runners (or parent if under 18 years of age) must sign waiver on reverse side

T-shirts provided by Ritchie's Sporting Goods



August Race 5K 2 Mile 1 Mile (circle one)

Print First Name _____ Print Last Name _____

Grade _____ Age _____ Phone # _____ School _____

Release: In consideration of the acceptance of this entry to the Bill Heideman Memorial Cross Country Series, I do hereby, for myself, my heirs, executors, and administrators, waive and release and discharge the Bill Heideman Memorial Cross Country Series, Summit Athletic Running Club, Road Runners Club of America, City of Akron, Metro Parks of Summit County, and any additional hosts or sponsors, or their respective agents, representatives and employees, from all claims, demands, and rights of causes of action present and future, whether known or anticipated, resulting from or arising out of, either directly or indirectly, my participation in the Bill Heideman Memorial Cross Country Series. I attest that I am physically fit and sufficiently trained for the completion of the race. I hereby grant full permission to use any and/or all photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose. I have read and understand the foregoing assumption of risk and release.

Signature Date Signature of Parent or Guardian if under 18 years of age

(tear here)

August Race 5K 2 Mile 1 Mile (circle one)

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