THE ROYALS CROSS-COUNTRY CHALLENGE

"A TASTE OF CROSS"

Anyone with two legs can run a 1 mile cross-country run..... Go for it !!!

Coach Vic Mead of the Rosary Cross-Country Team wishes to invite you to run some cross-country type races for all students 8th grade and under. We will run separate 1 Mile races for 5th, 6th, 7th and 8th grade boys and girls. No Experience Necessary! Races may be combined depending on the number of participants in each division.

WHERE ?

The races will be run at ROSARY HIGH SCHOOL, 901 N. Edgelawn, Aurora. The races start on the north side of the gym and finish on the Track. You will run around a course marked with flags, cones, and a white line. The course is all grass except for the finish on the track. The course is mostly flat, with a few surprises a water jump and straw bayles to steeplechase over! Park at school or church lots.

WHEN ?

OCTOBER 23rd WEDNESDAY Registration is at 3:45-4:15 and a course tour at 4:15. The races will start at approximately 4:30 with the 5th grade and under race first and proceed through the other division every 15 minutes. Sign up will be outside in front of the gym.... Bring forms!!! & $1.00. Younger Runners Are Welcome and will run in the 5th grade race unless numbers warrant a separate race. Last few years we have had a 4th grade and under race.

.....Parents/ Coaches must accompany runners at the event !!.....

TROPHIES.....AWARDS.....RIBBONS

Ribbons will be given to all finishers, with a Trophy to first place and place ribbons for 2nd-5th places in each division. Awards will be given out after each race at the registration/awards table. Teams Welcome! Gatorade/water/fruit will be available at the finish line.

.....Coaches/Parents with questions call Vic Mead 630-701-0822 or email....cross1boss@sbcglobal.net.

$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$Donation $1.00 per Runner$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$$

Please bring this form Wednesday "Race day" October 23rd 2019 Filled Out/Signed with your $1.

NAME_____ **ADDRESS** _____

AGE_____ **GRADE** _____ **MALE** _____ **FEMALE** _____ **BIRTH** _____

***PARENTS SIGNATURE** _____

I acknowledge my child's participation in the "Taste of Cross" 1 Mile and waive the Rosary High School/ Cross-Country Team, Advent Christian Church and it's associated from any claims, causes of action which may result from my participation in the run. Parents or Coaches must accompany runners!!

FUN ON THE RUN.....FUN ON THE RUN.....FUN ON THE RUN.....Cya There!!