THE ROYALS CROSS-COUNTRY CHALLENGE

"A TASTE OF CROSS"

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

Coach Vic Mead of the Rosary Cross-Country Team wishes to invite you to run our 1mile steeplechase style cross country race. The race is for all students 8th grade and under. We will run separate races for 4th and under, 5th, 6th, 7th and 8th grade boys and girls. 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. Registration is at the athletic building and start is on the north side of the building. 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 flat, with a few surprises a water jump and straw bales to steeplechase over. Park at the school or in the Advent Christian Church lot.

WHEN ?

OCTOBER 10th WEDNESDAY **Registration** is at 3:45-4:15 and races at 4:30. Runners are welcome to walk/jog the course until start time. After registration, race schedule will be announced and the **first race at approximately 4:30** and every 15 minutes until completed**. Sign up will be at the Gym**…fill out form and pay $1.00. Don't be shy, we've had as young as 6 years old run the race…Rosary girls will assist if necessary!

……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 table. (make sure to turn in your place stick in your race) Teams welcome !

……Water and Gatorade available at the end of the finish line……

Coaches/ Parents can call Coach Mead at 630-896-0283 or Rosary 630-896-0831 with Questions

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

Please bring this form Wednesday "Race Day" October 10th filled out with your $1.00

NAME_____ ADDRESS_____

AGE _____ GRADE _____ MALE_____ FEMALE_____ BIRTHDATE_____

*PARENTS SIGNATURE _____

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

FUN ON THE RUN>>>>>>>>>>FUN ON THE RUN>>>>>>>>FUN ON THE RUN>>>>>>>>>>CCya There!