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.

WHEN?

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at approxide every 15 m Runners A few years v	mately 4:30 with the sinutes. Sign up wi are Welcome and will we have had a 4 th grad	5 th grade and unde Il be outside in from run in the 5 th grad le and under race.	r race first and proce nt of the gym Bring e race unless number	e tour at 4:15. The races ed through the other divi g forms!!! & \$1.00. Youn s warrant a separate race	sion ger e. Last
	TROPHIE	ESAWARI	OSRIBBON	S	
each division Gatorade/vCoach	on. Awards will be giwater/fruit will be avanes/Parents with quest	iven out after each allable at the finish tions call Vic Meach \$\$\$\$Donation \$1.0	race at the registration line. 1 630-896-0283 or emails of the per Runner\$\$\$\$\$\$	ace ribbons for 2 nd -5 th plon/awards table. Teams Vall meadvic@co.kane.il.us	Velcome! <u>s</u>
NAME	AMEADDRESS				
	GRADE			BIRTH	
I acknowle Cross-Cou which may	edge my child's partic ntry Team, Advent C result from my parti	ipation in the "Tas hristian Church a cipation in the run	ste of Cross" 1 Mile and it's associated from a. Parents or Coaches	nd waive the Rosary High n any claims, causes of ac must accompany runner	etion rs!!
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