

XC CLUB:

Location:

Grant H.S. Track

Cost:

\$40

(includes tshirt, coaching, & all meet entry fees!)

When:

Mondays & Wednesdays

Begins: Wed. Sept. 6th

Ends: Wed. Oct. 18th

5:00-6:00pm

What:

A low-pressure & super-fun introduction to XC! Focuses on introduction to workouts!

www.foottraffic.us/the-programs



Foot Traffic
Oregon's Running & Walking Stores



PORTLAND
PARKS & RECREATION
Healthy Parks. Healthy Portland



XC MEETS:

Location:

All Meets held at
Overlook Park

Cost:

\$3 (cash or check only)

Register in advance
at any Foot Traffic store
with waiver below, or just
register at the meets!



DATES:

Sept. 14th

Sept. 28th

Oct. 5th

Oct. 19th*

*City championship meet

SCHEDULE:

4:30pm: Registration opens

5:00pm: 1,500m (Grade 3,4 coed)

5:13pm: 2,000m (Grade 5,6 coed)

5:29pm: 3,000m (Grade 7,8 boys)

5:45pm: 3,000m (Grade 7,8 girls)

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Detach & Submit With Payment Send form to Foot Traffic, 4020 NE Fremont St., Portland, OR 97212

Athlete Name

School

Grade

Contact Phone

Contact email

Parent/Guardian Name

Parent/Guardian Signature (read waiver below)

\$40

Team Entry Fee (cash or check only, payable to FT Events) **Price INCLUDES t-shirt & meet fees**

\$3

Meet Entry Fee (cash or check only, payable to FT Events) **Meet fee is waived for team members**

All Coaches and/or parent/guardians ARE REQUIRED TO ASSUME ALL RISK OF PARTICIPATION IN THE Portland Parks & Foot Traffic XC or Track Club or Meets. BY SIGNING THIS GENERAL RELEASE AGREEMENT: The undersigned athlete ("Student") and/or parent or guardian on behalf of the student/athlete, assigns, heirs, executors, hereby fully and forever releases, waives, discharges and covenants not to sue Portland Parks and Recreation, participating High School venues, FT Events, Foot Traffic, and other sponsors and cosponsoring companies of meet, and all municipal agencies whose property and/or personnel are used (collectively "Releasees") from all liability to the Student and his/her personal representatives, assigns, heirs, executors, for all loss(es) or damage(s) and any and all claims or demands therefore, on account of injury to the Student or property or resulting death of the Student. The Student and/or parent/guardian represents and warrants that the student is in good physical condition and is able to safely participate in the meet or program. The Student and/or parent/guardian hereby assumes all risks of loss(es), damage(s) or injury(ies) that may be sustained by the student while participating in the meet or program. The participant acknowledges that the entry fee is non-refundable and non-transferable. The Student and/or parent/guardian warrants that all statements made herein are true and correct. STUDENT and parent/guardian HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT.