

# XC CLUB:

## Locations:

Grant H.S. Track

## Cost:

**\$50**

(includes t-shirt, coaching, & all meet entry fees!)

**SCHOLARSHIPS AVAILABLE!**

Email [info@foottraffic.us](mailto:info@foottraffic.us) for details.

## When:

Mondays & Wednesdays

Begins: Wed. Sept. 5th

Ends: Wed. Oct. 15th

5:00-6:00pm

## What:

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

[www.foottraffic.us/the-programs](http://www.foottraffic.us/the-programs)



# 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. 13th

Sept. 20th

Oct. 4th

Oct. 18th\*

\*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)

[www.foottraffic.us](http://www.foottraffic.us) for more info.

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)	

**\$50**

**Team Entry Fee** (cash or check only, payable to Foot Traffic) **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 is fully aware of the risks and hazards inherent in participating 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.