

Olney Cross Country Club (www.olneyccc.org)

Practices are held on Mondays, Wednesdays, and Fridays from 5:15 to 6:15 p.m. (weather permitting) at the Agricultural History Farm Park (18400 Muncaster Rd., Derwood, MD 20855). Please bring water bottles and towels to practice. Parents are welcome (and encouraged) to participate in the practices (more the merrier). Practices will begin promptly at 5:15 with a short run, active stretching & drills, workout, and then cool-down. If you are planning on leaving the practice area, please make sure that we have your contact information (in case of emergency) & we ask that you promptly pick up your kids at 6:15.

Fee: \$30.00 (cash or check made out to OlneyCCC) per child for all participants, which includes fees for the end-of-the-year pizza party. Parents of each runner will be responsible for registering and paying for each meet. Entry fees are typically ~\$5-10 (cash only) per race in years past (no entry fee for our home meet).

Uniform (for meets): Olney CC singlets (our colors are green & white) can be purchased from Gretchen for \$20 each. Runners should preferably wear BLACK running shorts or tights to go along with the singlet.

Shoes: We recommend RNJ Sports for running shoes and spikes. Reasonably priced and knowledgeable staff.

Races: Most races are on Sunday afternoons with a coursewalk ~12:30. Please see our website for directions and other meet information.

1K: 6 & under (may be accompanied by parent)

2K: 8 & under (a "rabbit" will lead the race)

3K: Ages 9 to 10 & 11 to 12 (both age groups will run the same distance)

4K: Ages 13 to 14

Upon arrival to the races, your child will walk his/her course with a guide and other runners. Each age group will have its own warmups prior to the race with our coaches.



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By allowing my child to run and compete with the Olney Cross Country Club, I understand that there is the possibility of potential injury. I do not hold the Olney Cross Country Club, along with their coaches or volunteers, liable or responsible for any injury that might occur during practices and races at the meets.

Signed,

Parent's Name (PRINT)

Signature

Date

Participant's information (PLEASE PRINT LEGIBLY AND CLEARLY)

<u>Child's Name (Last, First)</u>	<u>Date of Birth</u>	<u>Gender</u>	<u>Age as of 12/31/19</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Name of the Parent: _____

Email address: _____

(Cell): _____

Name of the Parent: _____

Email address: _____

(Cell): _____