HILLTOPPERS

GRADE SCHOOL XC

Hilltoppers GSXC (Grade School Cross Country) is designed to prepare grade school runners for cross-country in a fun and encouraging environment. Each individual will be placed into a group with athletes of similar fitness levels as we work on increasing fitness while focusing on proper running form, playing games, and running workouts at local parks and trails.

Cost: $100 which includes:

- ➔ 2 practices/week.
- ➔ Local Coaches & High School Athletes as Team Coaches.
- ➔ Rotate runs from local parks and trails.
- ➔ 3-5 Race Opportunities (race registrations not included in cost of registration)

PRACTICES

- ➔ Tuesdays 5:30-6:30pm
- ➔ Sundays 4:00pm-5:00pm
- ➔ Dates: September 8th - October 25th
- ➔ Location: Tuesday's - Birdsall Park in Cedar Falls
- ➔ Location: Sunday's - Local Parks and Trails

Age Race Distance

- ➔ 7-8 2K
- ➔ 9-10 3K
- ➔ 11-12 3K

Registration

- ➔ Cash or Check payable to: The Runner's Flat
- ➔ Mailing Address: 120 Main Street, Cedar Falls, IA 50613

Athlete Name:_____ Birthdate:_____

Age As of 12/31/26:_____

Grade Entering:_____ Male / Female:_____

Parent Name:_____

Address:_____

Cell phone:_____ Email address:_____

Check One: Jersey Size: YXS YS YM YL YXL

Waiver:

Knowingly and at my own risk, I hereby agree to run the Hilltopper Cross Country training program and agree to release any claims for damages or injuries that may incur as a result of my participation against the Hilltoppers Cross Country Club, Scott and Sarah Gall, and any other coaches, paid or volunteer, their families or any other volunteers assisting with the program, The Runner's Flat and its Run Club and employees. I further hereby certify that I have full knowledge of the risks involved with running and am physically fit and in sufficient condition to participate.

Signature _____ Date: _____

Parent Signature if under 18 _____ Date:_____