



PRESENTS

THE CROSS COUNTRY GRAND PRIX SERIES

July 22nd Event #1 – 5k @ The Asheville School

July 29th Event #2 – 5k @ The Asheville School

Aug. 5th Event #3 – 4k @ Fletcher Park

Aug. 19th Event #4 – 5k @ Montreat College

Sept. 9th Event #5 – 6k @ Jackson Park

Sept. 30nd Event #6 - 5k @ Fletcher Park

Oct. 14th Event #7 – 6k @ Jackson Park

Nov. 4th FINALE – 8k @ Montreat College

Awards Ceremony TBA

Visit our Blog for Updated Information www.footrxasheville.com

Races will start at 6:30pm

Cost will be \$10 per race (sign up for all 8 for \$50)

Must complete 5 of 8 races to receive long sleeve technical shirt.

MUST RACE FINALE IN NOV. TO COUNT IN GRAND PRIX STANDINGS

Prizes will go as follows:

Winner's cannot double dip in individual awards

1st- 3rd overall & master's male & female

1st & 2nd In the following age divisions male & female

10 & under

15-19

20-29

30-39

40-49

50-59

60-69

70+

Scoring:

Individuals – Your place against your competitors of your gender will be your points - Low score wins w/ your best finishes from 5 of the 8 races

Teams – Your team score will be tallied based on your individuals finishing place in your division – All team scores will be tallied from 5 of your teams' best team scores out of the 8 races

Awards will come from our various vendors & the store

Team Divisions (must have at least 3 runners to Score & submit team members, up to 8, by July 22nd)

Awards given to top team in the following categories

Males

Females

Mixed

Team award winners may double dip with individual Awards

Questions can be directed to Aaron aaron@footrx.com

Cross Country Grand Prix

Presented by Foot Rx Running Asheville

Name: _____
Address: _____ City: _____ State: _____
Zip: _____ Sex: M F
Phone #: _____
Age on 11/4/10: _____ Date of Birth: _____
E-Mail: _____

Entry Fee:	Each Race	\$10
	Whole Series	\$50
	Teams	Included in Race Entry Fee

Team Members:

Long Sleeve Shirt Size - MUST DO 5 RACES INCLUDING THE FINALE:

Please Circle One

XS S M L XL

Total Enclosed: _____

Make Checks Payable to: **Foot Rx Asheville**

Mail entries to: Foot Rx Asheville
63 Turtle Creek Dr.
Asheville, NC 28803

WAIVER AND RELEASE

READ THIS CAREFULLY BEFORE SIGNING AS IT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT. In consideration of my acceptance into the Foot RX cross country series (the "Event"), the undersigned, in his or her individual capacity and/or guardian capacity for a minor or minors ("Undersigned"), fully and unconditionally assumes and incurs all responsibility for all risk of damage or injury, to person or property, that may occur to the Undersigned or the Undersigned's property during the Event. I further certify that I am physically fit and have sufficiently trained for the Event. I understand that participation in the Event could, in some circumstances, result in physical soreness and/or injury. The Undersigned hereby releases and discharges Foot RX, its successors, assigns, shareholders, employees, agents, and legal representatives from all known or unknown claims, losses, or liability, present or future, of any kind or character resulting from or arising out of the Undersigned's participation in the Event. This Waiver and Release shall be binding on the Undersigned as well as the Undersigned's heirs, successors, assigns, executors, and personal representatives, and anyone else who might sue on behalf of the Undersigned and shall be an absolute bar to any future claims the Undersigned may have against the Foot RX relating to the Undersigned's participation in the Event.

Signature: _____ (Parent or Guardian if under 18) Date: _____