

USA Cross Country Championships Community Run 4k Individual Entry Form

The Community Run 4k is a prelude to the USA Cross Country Championships. No awards or results will be presented in the Community Run. It's an opportunity to run on the same course as the USA Championships. This event is limited to 100 participants. Packet pick-up will take place at the Doubletree Allen Center on Friday, February 14th from 1:00 to 9:00pm. The Doubletree is located at 400 Dallas Street in downtown Houston. Please type or print all information clearly.

Last Name		First Name	
Address			
City		State	Zip Code
Day Phone:		Night Phone	
Date of Birth	Age on Race Day	Sex (Circle one):	Male Female

T-Shirt Size (circle one):

M L XL

Waiver (please read and sign): I know that running, regardless of the distance, includes an element of risk. I should not enter and participate in the 2003 USA Cross Country Championships Community Run 4k (herein after called this event) unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to compete in this event safely and I further agree that the event officials may authorize necessary emergency treatment for me. I also understand any and all risks associated with this event including, but not limited to, illness, traveling to and from this event, falls, contact with spectators and other participants, the effects of weather (including temperature and humidity extremes) and the surface of the event's course, all such risks being understood by me.

Having read this waiver and knowing the facts, and in consideration of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge USA Track & Field, Gulf Association, Houston Harriers, City of Houston, event officials, volunteers, and any and all sponsors, suppliers, agents, independent contractors, employees and any other personnel in any way assisting or connected with this event, even though the liability may arise out of negligence or carelessness on the part of persons or parties in this waiver.

I also understand and agree that any sponsor may subsequently use, for publicity purposes, my name and pictures of me participating in this event without liability or obligation due me.

Athlete Signature: _____

Date: _____

Parent's Signature (if under 18 years old) _____

Date: _____

**Make checks payable to: Houston Harriers and mail to: Jon Warren
Rice University-Dept. of Athletics-MS-548
PO Box 1892
Houston, TX 77251**

Entry Fees and deadlines:
Early entry fee: \$12.00 if received by Feb. 7, 2003
Late entry fee: \$17.00 if received between Feb. 8-14
NO REFUNDS