YMCA Cross Country Racing Series
June 25th, July 2nd and July 9th, 2019

Race Information

- Points will be kept for 5k and 8k Races. There will be male and female categories for each race. There may possibly be age categories depending on number of racers.
- Racers must compete in 2 of the 3 races to qualify for overall series awards. You must race in the series final (July 9th) to claim overall series awards.
- Points will determine overall race series standings
  - 10 pts.—1st place
  - 8 pts.—2nd Place
  - 5 pts.—3rd Place
  - 3pts.—4th Place & Below
- The 5k course will be the YHS cross country course
- The 8k course will be determined by race day.
- Food, Drink & Raffle Prizes after each race!
- Merchandise Prizes & Ribbons for overall series winners in each category!
- Runners under 18 years old must have a parent/guardian signed release of liability.

Yreka High School Cross Country Runners Elijah Higelin and Jade Wilder will be putting on this three race event for their senior project! Races will be held at Lower Greenhorn Park in Yreka, CA.

For more information contact Brandon Eller via email at brandon@siskiyou-ymca.org or call at (530)842-0613!
I understand that the YMCA carries no medical insurance to cover personal injuries.

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the Siskiyou Family YMCA (further referred to as SF YMCA) (or for my children to so participate) for any purpose, including, but not limited to observation or use of indoor and outdoor facilities, equipment, or participation in any off-site program affiliated with the SF YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE SF YMCA FOR ANY PURPOSE INCLUDING, BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY OFF-SITE PROGRAM AFFILIATED WITH THE SF YMCA, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED, ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the SF YMCA, its director, officers, employees, and agents (hereinafter referred to as “releases”) from all liability to the undersigned or such children and all his or her personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of the releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the SF YMCA.

2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon or about the SF YMCA premises or in any way observing or using any facilities or equipment of the SF YMCA or participating in any program affiliated with the SF YMCA whether caused by the negligence of the releases or otherwise.

3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE to the undersigned or such children due to the negligence of release or otherwise while in, about or upon the premises of the SF YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the SF YMCA.

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I agree to allow the YMCA to use photos taken for promotional materials or any information items.

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THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

I HAVE READ THIS RELEASE

Date __________________________
Phone number __________________________
Address __________________________

Print Name of Adult Date of birth Age

Signature

Name of Participant / Child Date of birth Age

Name of Participant / Child Date of birth Age

Name of Participant / Child Date of birth Age