

Youth Cross Country 2016



Gladstone Parks Recreation



City of Gladstone • 6901 N. Holmes • Gladstone, MO 64118
(816) 423-4091 • www.gladstone.mo.us

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Youth Cross Country

The Youth Cross Country program is designed to provide runners of all skill levels the opportunity get out and run, while learning about health and running safety. This program will meet twice a week for 7 weeks. Throughout the program, all participants will gradually build on distance and stamina to be able to run a 5K.

Registration is open to the first 16 participants, between the ages of 8 - 13. Registration fee includes a t-shirt and the opportunity to run in the Scarecrow 5K run on Sunday, October 2nd at a discounted rate.

Registration: Begins on Monday, June 27th and ends on Friday, August 5th or until full.

Program Dates: Mondays and Wednesdays, August 15th - September 28th

Location: Happy Rock Park (West Side) at playground, then other various locations throughout the program.

Time: 6:00 p.m. - 7:00 p.m.

Fee: \$40 per participant

Mail or bring completed registration form and fee to the Gladstone Parks & Recreation Department, Attn: Cross Country 6901 N. Holmes, Gladstone, MO 64118.

Registration is also available online at: www.activityreg.com

Youth Cross Country - Registration Form \$40

Child's Name: _____ Boy Girl

Grade (2016-17): ____ Birthday: _____ Age: ____

Parent's Name: _____ Home Phone: _____

Mom's Phone: _____ Dad's Phone: _____

Address: _____

City: _____ State: ____ Zip: ____

Email: _____

Shirt Size:

Youth Medium

Youth Large

Adult Small

Adult Medium

Adult Large

By my signature on this form, I waive and release any and all rights to institute claim against the City of Gladstone for any damages or injuries to my child which are not a result of negligence on the part of the City of Gladstone, their agents, employees, or any costs resulting therefore, in conjunction with my child's participation in the program.

Signature of parent/guardian: _____

Payment: MasterCard Visa Discover Cash Check Money Order

Card Number: _____ Expiration Date _____

Return this form to: Gladstone Parks & Recreation Department
Attn: Youth Cross Country
6901 N. Holmes
Gladstone, MO 64118

Please make checks payable to City of Gladstone.