

# MAX XC 5K CHALLENGE

**SATURDAY, 7:30 am**

**July 19<sup>th</sup>**

## **Max Cross Country Course, Wartburg College**

**Race Description**

*Add some variety to your summer racing schedule!* Take a break from the roads, and take advantage of an exciting opportunity to run a race on Wartburg College's Max Cross Country Course!

**Awards**

- ✓ Overall fastest male and female
- ✓ Top three runners in each male and female category:
  - Ages 11 and under
  - Ages 12-15
  - Ages 16-18
  - Open division- Ages 19 through age 24
  - Age groups- 25-34, 35-44, 45-54, 55-64, 65 & over

**Kids Run!!**

Bring your little runners! **A free kids' run will start at 8:30 a.m.**

**Parking**

Gravel Parking lots are available to the south of Max Cross Country Course.

**Packet Pick Up and Race Day Registration**

The course is located on the West end of the Hertel Athletic fields on the NW corner of Wartburg College campus. Packet pick-up begins at **6:30a.m before the race**. Look for the registration tent near the awards stand area.

**Questions???**

RACE DIRECTOR: [cherish\\_kueker@msn.com](mailto:cherish_kueker@msn.com) 319-290-0965  
(Additional entry forms available at [www.wsrcrosscountry.weebly.com](http://www.wsrcrosscountry.weebly.com))

### **Any proceeds will go to the W-SR Cross Country program**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Age \_\_\_\_ Gender:  M  F Shirt size:\*  S  M  L  XL  XXL

**\*NO T-SHIRT GUARANTEE FOR ENTRIES AFTER July 11.**

Release and Waiver—In consideration of your acceptance of my entry ,I hereby waive and release of myself ,heirs, executor or anyone who might claim on my behalf, covenant not to sue the event directors, event officials or volunteers from all claims or liability for death, personal injury or personal damage of any kind arising out of or on the course of, my participation in this event. I hereby state that I have full knowledge of the risks involved, foreseen, known or unknown and have conditioned myself to run or walk and lift in this event. I also grant full permission to the event directors and/or agents authorized by them, to have free use of my name and picture in any broadcast, telecast, videotape, print media or any other record of this event for any purpose. Use of e-mail will be for e-mail updates only.

Signature (guardian signature for under age 18) \_\_\_\_\_

Date \_\_\_\_\_

**Entry Fees**

high school students and Younger.....\$10  
entries by July 11.....\$15  
After July 11 .....\$20

Total \$ \_\_\_\_\_

**Checks Payable and Mail To:**

W-SR Cross Country  
Attn: Cherish Kueker  
2021 Ivory ave.  
Waverly, Ia 50677