

COLUMBIA FALLS CROSS COUNTRY CRUISE 2010

6-KILOMETER AND 1-MILE ROAD RACES

Saturday July 31, 2010 – 8:30am

All proceeds benefit the Columbia Falls High School Cross Country Program.

Race time for the 6k is 8:30am. The community 1-mile event will start at approximately 10:00am. The course winds through the neighborhoods near the high school, with jaunts through two city parks.

Entry Fee: \$10 per person and \$30 per family of four (\$6/person for additional children). Fee includes a race t-shirt and raffle items. Guess the official race course distance for each race (you must participate in that race) to win a special prize.

Pick up your race packet between 7:00-8:15am Saturday July 31 at Columbia Falls High School (west side). There will also be race day registration from 7:00-8:15am at the same location.

Columbia Falls Cross Country Cruise Entry Form

Make checks payable to: **CFHS Cross Country**

Mail to: CFXC Cruise; 1042 2nd Street East; Whitefish MT 59937

Number of Entrants: _____

Amount Enclosed: _____

(Please circle appropriate selections below.)

Name _____ Male Female Age _____

Address _____ Phone _____

Race choice: 6K 1 mile

Age division: 6 & under 7-9 10-12 13-15 16-19 20-29 30-39 40-49 50-59 60 & over

T-shirt size: Youth/Small Youth/Medium Youth/Large Adult Small Medium Large XLarge

In consideration of the acceptance of this entry form, I the undersigned for myself, my heirs, executors and administrators, waive and release any and all rights and claims I may have against the race officials and sponsors for personal damages or injuries arising out of my participation in this event. I attest and verify that I have full knowledge of the risks involved in this run, and that I am physically fit and sufficiently trained to participate.

Signature _____ Date _____

Parent (if under 18) _____ Date _____

See back for additional entries if registering a family.

(Please circle appropriate selections below.)

Name _____ Male Female Age _____

Address _____ Phone _____

Race choice: 6K 1 mile

Age division: 6 & under 7-9 10-12 13-15 16-19 20-29 30-39 40-49 50-59 60 & over

T-shirt size: Youth/Small Youth/Medium Youth/Large Adult Small Medium Large XLarge

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Signature _____ Date _____

Parent (if under 18) _____ Date _____

.....
(Please circle appropriate selections below.)

Name _____ Male Female Age _____

Address _____ Phone _____

Race choice: 6K 1 mile

Age division: 6 & under 7-9 10-12 13-15 16-19 20-29 30-39 40-49 50-59 60 & over

T-shirt size: Youth/Small Youth/Medium Youth/Large Adult Small Medium Large XLarge

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Signature _____ Date _____

Parent (if under 18) _____ Date _____

.....
(Please circle appropriate selections below.)

Name _____ Male Female Age _____

Address _____ Phone _____

Race choice: 6K 1 mile

Age division: 6 & under 7-9 10-12 13-15 16-19 20-29 30-39 40-49 50-59 60 & over

T-shirt size: Youth/Small Youth/Medium Youth/Large Adult Small Medium Large XLarge

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