



15th Annual Rookie Race

Who: 5th & 6th graders in the ELANCO School District

What: A mile race on GSHS campus

Where: Garden Spot High School by the Tennis Courts

When: May 5th following the Elementary Track Meet (5:15pm). Registration begins at 4:15pm.

Why: introducing running to 5th and 6th graders. If your child likes to run or has been told they seem to “run forever”, our sport called cross-country may be for them! The Rookie Race gives a young athlete and their parents a better understanding of how our sport is conducted.

Cost: FREE! includes a FREE t-shirt

Race Details: Registration begins at 4:15; only one course walk provided beginning at 4:45pm led by members of the GS cross country team. We will jog/walk the course and stretch prior to the race.

If you are a 6th grader and cannot attend the race, but are interested in participating in Garden Spot Junior High Cross Country in the Fall, please contact Coach Tasha Becker for details before summer break at 717-224-0521 or tb1266@messiah.edu

EXAMPLE OF WAIVER: In consideration of the acceptance of this entry, I the undersigned intending to be legally bound hereby, for myself, my heirs, executors, administrators, and personal representatives, hereby waive and release any and all rights and claims for damages, illness, injuries or losses which I have or which may accrue to me against all race officials and all organizations constructing or involved in this event, including, but not limited to the Garden Spot Cross Country Booster Club, Garden Spot School District, or their respective officers, directors, employees, representatives, successors, and assigns, that may result from my participation in this event. Further, I hereby grant full permission to the aforementioned persons and organizations to use my name and/or picture in any newspaper, photography, videotape, motion picture, recording or any other account of this event for any purpose whatsoever.

****Waiver must be filled out and signed the day of the race in order to participate***

If you wish to sign up before race day, please email Coach Becker at tb1266@messiah.edu