

Olney Cross Country Club (www.olneyccc.org)

Practices are held on Mondays, Wednesdays, and Fridays from 5:15 to 6:15 p.m. (weather permitting) at the Agricultural History Farm Park (18400 Muncaster Rd., Derwood, MD 20855). Please bring water bottles and towels to practice. Parents are welcome (and encouraged) to participate in the practices (more the merrier). Practices will begin promptly at 5:15 with a short run, active stretching & drills, workout, and then cool-down. If you are planning on leaving the practice area, please make sure that we have your contact information (in case of emergency) & we ask that you promptly pick up your kids at 6:15.

Fee: \$45.00 per child, which includes entry fees for meets and end-of-the-season party. For those who do not wish to participate in any of the races, the fee is \$15.00 per child.

Uniform (for meets): Please see Gretchen if you would like to purchase a singlet; our colors are green & white. Please purchase BLACK running shorts or tights to go along with the singlet.

Shoes: We recommend RNJ Sports for running shoes and spikes. Reasonably priced and knowledgeable staff.

Races: Most races are on Sunday afternoons with a coursewalk ~12:30. Please see our website for directions and other meet information.

1K: 6 & under (may be accompanied by parent)

2K: 8 & under (a "rabbit" will lead the race)

3K: Ages 9 to 10 & 11 to 12 (both age groups will run the same distance)

4K: Ages 13 to 14

Please let us know if your child plans to attend each upcoming race. **Anne & Gretchen will register your child at the race site.** *Please do not register for the race on your own.* Upon arrival to the races, your child will walk his/her course with a guide and other runners. Each age group will have its own warmups prior to the race with our coaches.



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By allowing my child to run and compete with the Olney Cross Country Club, I understand that there is the possibility of potential injury. I do not hold the Olney Cross Country Club, along with their coaches or volunteers, liable or responsible for any injury that might occur during practices and races at the meets.

Signed,

Parent's Name (PRINT)

Signature

Date

Participant's information (PLEASE PRINT LEGIBLY AND CLEARLY)

Child's Name (Last, First)

Date of Birth/Gender

Age as of 12/31/17

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Name(s) of the Parents: _____

Email address: _____

Parents' contact information: (Cell): _____

(Home): _____