

**SPOTTING
HEROES**

DH THE GREAT VIRTUAL COW RUN RNR
HIGASHI ROMAN MEMORIAL RUN

THE GREAT COW RUN VIRTUAL PACKAGES

THE BASIC PACKAGE

**\$5 - RECEIVE A FINISHERS DIGITAL CERTIFICATE
[PERSONALIZE IT FOR +\$2]**

THE MEDAL PACKAGE

**\$15 - RECEIVE A CUSTOM COW RUN MEDAL*
PERSONALIZED DIGITAL CERTIFICATE
(INCLUDES SHIPPING & HANDLING)**

THE FULL PACKAGE

**\$32 - RECEIVE THE CUSTOM MEDAL* AND THE
OFFICIAL MEET T-SHIRT
PERSONALIZED DIGITAL CERTIFICATE
(INCLUDES SHIPPING & HANDLING)**

*** DUE TO THE ALTERED FORMAT, THE CUSTOM
MEDAL WILL BE CUSTOM, BUT WILL BE AN INSERT
MEDAL RATHER THAN THE TRADITIONAL ONE**

DONATIONS & SPONSORS

**WE WELCOME ANY ADDITIONAL DONATIONS
FROM INDIVIDUALS, GROUPS, COMPANIES OR
OTHER SUPPORTERS. I KNOW THIS YEAR HAS
BEEN ESPECIALLY TOUGH INCLUDING OUR
PROGRAM AND IF YOU HAVE THE ABILITY TO DO
SO, WE WOULD APPRECIATE ANY SUPPORT YOU
COULD PROVIDE.**

THE VIRTUAL GREAT COW RUN

**COMPLETE BY
FEBRUARY 27TH, 2021**

**SADLY THE GREAT COW RUN HAS TAKEN OUR
ANNUAL INVITATIONAL AWAY, HOWEVER, WE
CAN STILL PROVIDE EVERYONE AN
OPPORTUNITY TO COMPLETE A TIME AND
ALSO GET SOME GREAT COW RUN SWAG!**

HOW IT WORKS

1. SIGN UP FOR THE RACE
2. COMPLETE A 3-MILE RUN BU 2/27*
3. SUBMIT YOUR TIME FOR THE RUN
4. RECEIVE YOUR FINISHERS PACK

*** THERE WILL BE THREE CATEGORIES OF
SUBMISSIONS**

1. UNVERIFIED TIMES

2. VERIFIED TIMES

SUBMIT A SCREENSHOT FROM AN APP

3. VERIFIED COURSE TIMES

**RUN THE ACTUAL COW RUN COURSE
SUBMIT A SCREENSHOT FROM AN APP**

HOW TO SIGN UP! **3 WAYS TO DO IT!**

1. COMPLETE THE ATTACHED FORM AND MAIL
YOUR CHECK
2. VISIT OUR WEBSITE AND COMPLETE OUR
FORM AND MAIL THE CHECK
3. VISIT OUR WEBSITE AND FOLLOW THE
LINKS TO REGISTER ONLINE! (ADDITIONAL
FEES MAY APPLY)

**QUESTIONS? EMAIL:
JASON.WATANABE@ABCUSD.US**

Registration

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

E-mail _____

Gender: _____ MALE _____ FEMALE

DECLINE TO STATE

The Great Cow Run Virtual Packages

- _____ Basic Package (\$5)
_____ Personalize It! (+\$2)
_____ Include Name/School
_____ Medal Package (\$15)
_____ Full Package (\$32)
_____ Additional Donation \$ _____

Shirt Size: _____ YL SM MED LRG XL XXL

Sponsoring Athlete: _____

**** Name of athlete who will receive credit for a full package. If any athlete from Cerritos signed you up, include their name.**

CHS Alumni: Class of _____

Coach/Parent: School: _____

School (if athlete) _____

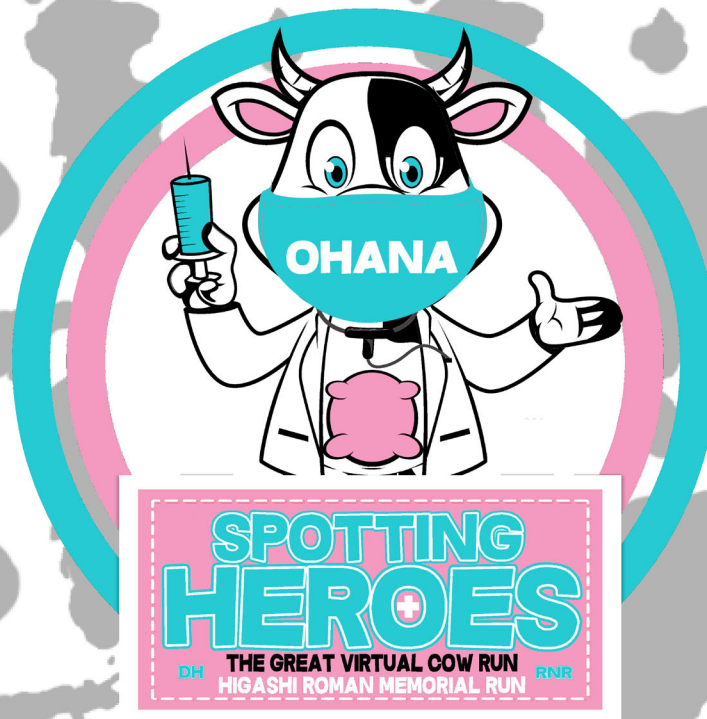
WAIVER: In consideration of the acceptance of this entry in said cross country race to be held virtually, we, the undersigned participants intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive, release and forever discharge any and all right or claims for damages which we, or either of us, may have or which hereafter accrue to us, or either of us against any and all persons, organizations and legal entities affiliated with such race and more particularly, the staff, coaches, parents, athletes and volunteers of Cerritos High School, the city of Cerritos, the ABC Unified School District, and its councils, together with their representative officers, agents, employees, successors, assign and/or sponsors, for any and all damages, which may be sustained or suffered by us in connection with or entry in, and/or arising out of our travel to, participation in and returning from said race. I/we hereby agree to release to the race promoter full and exclusive rights to record my performance in said race on film, videotape, or still photography for use without compensation. I/we understand that this is an arduous athletic event and hereby certify that I am properly conditioned to participate. (Adult guardian must sign for those participants under the age of 18.)

Print Name of Participant _____

Signature _____ Date _____

Parent Signature _____ Date _____

NOTE Athletes on a high school cross country team are not allowed to participate in the open race of the meet.



THE VIRTUAL COW RUN
ALTHOUGH THE PANDEMIC HAS CANCELED OUR IN-PERSON INVITATIONAL, WE STILL WANT TO GIVE AN OPPORTUNITY FOR EVERYONE AN OPPORTUNITY TO PARTICIPATE AND COLLECT OUR GREAT COW RUN SWAG WHILE ALSO HONORING THOSE FRONTLINE WORKERS WHO HAVE DONE SO MUCH FOR US ALL.

HOW IT WORKS!
- COMPLETE YOUR FORM
- MAIL YOUR CHECK

INSTRUCTIONS TO SUBMIT YOUR TIME
WWW.CERRITOSXC.COM/THE-GREAT-COW-RUN.HTML

SUBMIT YOUR TIME BY FEBRUARY 27TH
IF YOU DO NOT SUBMIT A TIME, YOU WILL AUTOMATICALLY BE SENT YOUR ITEMS AT THAT TIME! NO NEED TO WORRY!



3Mi Fun Run Walk CERRITOS ALUMNI COACHES AND PARENTS TEAM SUPPORTERS, ETC

Help your Cerritos Cross Country team raise money for the 2020-2021 Cross Country season by participating in the **FIRST EVER** Virtual Great Cow Run! Additional **Donations** gladly accepted and appreciated! Checks should be written to Cerritos Cross Country.

Please mail all forms and checks to:
Cerritos Cross Country
12500 East 183rd Street
Cerritos, CA 90703
ATTN: Jason Watanabe

Checks Payable to Cerritos Cross Country

