Registration

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

E-mail _____ _____

Date of Birth _____ (Required for Division)

Gender: MALE FEMALE

Entry Fees: $25 Prior to 8/23/13
$30 Race Day*

Checks Payable to Cerritos Cross Country. Please mail the entry form to Cerritos Cross Country, 12500 East 183rd Street, Cerritos, CA 90703 For questions please contact Jason Watanabe: Jason.Watanabe@abcusd.k12.ca.us, WUTANABE5@AOL.COM, or 562-397-0867

Payment Type: _____

Shirt Size: YL SM MED LRG XL XXL

Sponsoring Athlete: _____

** Name of athlete who will receive credit for your registration (if any).

CHS Alumni: Class of _____
Coach/Parent: School: _____

*Shirts Not Guaranteed to Participants Who Register on Race Day.

WAIVER: In consideration of the acceptance of this entry in said cross country race to be held on September 7, 2013 in Cerritos, California, 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 Great COW RUN

The Higashi Roman Memorial Run

$25 with T-Shirt!!

No shirt guaranteed after 8/23/2013

CHS Alumni/Staff Special/ABC Jr. High
$10 (NO SHIRT) - $20 (W/SHIRT)

September 7 2013
Cerritos Regional Park
Race Begins at 7 15am

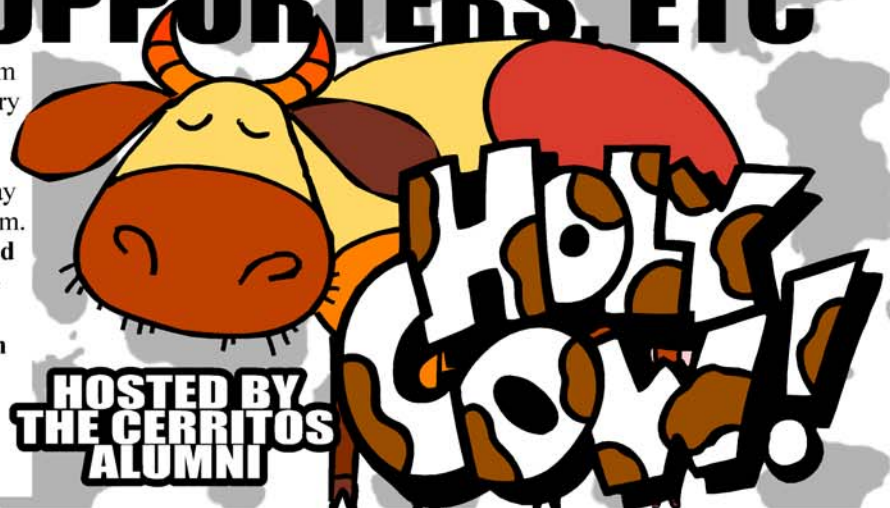
3Mi Fun Run Walk

CERRITOS ALUMNI
COACHES AND PARENTS
TEAM SUPPORTERS, ETC

Awards/Divisions
MEDALS to the top 100 finishers and a cow bell to the top three overall!!
THERE ARE NO DIVISIONAL AWARDS, HOWEVER, ALL YOUTH ENTRANTS WILL RECEIVE A MEDAL

Help your Cerritos Cross Country team raise money for the 2013 Cross Country season by racing in the 6th Annual Higashi Roman Memorial Run on Saturday, September 7, 2013. Race day registration runs from 6:15am to 7:00am. Additional **Donations gladly accepted and appreciated!** Checks should be written to Cerritos Cross Country.

The Higashi Roman Memorial Run
Open Race: 7:15am
Cerritos Regional County Park
19800 Bloomfield Avenue
Cerritos, Ca 90703



HOSTED BY THE CERRITOS ALUMNI