

St. Cloud Tech Cross Country & Mity Mites 2008



Do you enjoy running and being outdoors? Then cross country running might be the sport for you! Cross country provides a fun yet challenging environment for athletes to excel and be a part of a team. No experience necessary plus everyone participates and competes -- there is no bench in cross country!

All future 7th graders (girls and boys) are welcome to join the Tech Cross Country Team this fall. Contact Shelly in the Tech Activities Office (252-2231 ext. 3009) for the forms necessary for participation. Season starts August 11th, but early registration will allow athletes to be included on the cross country summer mailing list that provides season information and numbers of fellow runners to contact for partner running during the summer months.

Future 4th – 6th graders (girls and boys) are welcome to join the Tech Cross Country Mity Mites program. Mity Mites experience the sport of cross country by training with the High School Team on Wednesday September 10th, 17th, 24th, and October 1st from 4:00 – 5:00 p.m. at Lake George. Running games and challenges get the Mity Mites ready for the finale Elementary Race at the Tech Cross Country Invitational held at Oak Hill on October 7th @ 5:30 p.m. If interested in becoming a Mity Mite, please complete and return the below form with the \$15.00 entry fee (fee includes a t-shirt and meet entry) to Shelly in the Activities Office at Tech High School by September 9th. Checks made payable to: Tech Cross Country

St. Cloud Tech Cross Country and Mity Mites Fall 2008

Name _____ Girl ___ Boy ___ Grade _____

School _____ Teacher _____

Parent/Guardian _____ Phone _____

T-Shirt size (circle one): Childs Large Adult Small Adult Medium

WAIVER: In consideration of my entry, I for myself, all family members, executors, administrations and assignees do hereby release and discharge District 742, City of St. Cloud, Stearns County, State of Minnesota, the Tech Mity Mites Program and all other associates for claims of damages, actions whatsoever, in any manner arising or growing out of my child's participation in said event. I attest and verify that my child and I have full knowledge of the risks involved in this event and my child is physically ready to participate. I have read the foregoing and certify my agreement by my signature below.

Parent/ Guardian signature _____ Date _____

