

GRASS ROOTS

10th Annual Cross Country Series



What

The Grass Roots Series is a family friendly event open to competitors of all ages and ability levels. Bring your family, friends, or team. All proceeds will benefit the Augusta University Cross Country and Track and Field programs. Awards will be given out to the top overall male and female and to the top runner in each age group by category.

Where

EDS Flowing Wells Campus. Take Wrightsboro Road to Flowing Wells Road. Make a RIGHT on to Flowing Wells and follow this a little over a mile to the EDS campus (not the school). Make a LEFT and parking is designated for the grassy areas that are marked. Do NOT park in areas not designated as such or along Flowing Wells Road or along the course.

When

Check all that apply. *Note that only one race distance is run each week.

- June 3 – 3 Kilometers (1.88 miles) @ 7:30am
- June 24 – 5 Kilometers (3.11 miles) @ 7:30am
- July 8 – 8 Kilometers (4.97 miles) @ 7:30am
- July 22 – 10 Kilometers (6.2 miles) @ 7:30am

\$15 per race or \$50* for all four races if paid **in advance**.

Cost

Make checks payable to AU FOUNDATION. Please list XC/Track on the memo line.

T-Shirts are available for \$10. Your size is NOT guaranteed unless you pre-order before 5/20/17.

Registration

Register online at runsignup.com OR mail this form with payment to: Augusta University Athletics, 1120 15th Street, CFH 214, Augusta, GA 30912. You may also register in person between 6:50 – 7:15am on race day. Pre-registration is highly encouraged.

NAME: _____ AGE: _____ GENDER: M / F

ADDRESS: _____ TSHIRT SIZE: _____

EMAIL: _____ PHONE: _____

I know that running is a potentially hazardous activity. In consideration of acceptance of my entry, I hereby release all sponsors, hosts, individuals, and groups associated with this event from all claims or liabilities of any kind arising from my involvement in this event. I also verify that I am physically able to compete in this event and/or have consulted a medical professional about any potential health risks I may have.

SIGNATURE: _____ (Parent or guardian if participant is under 18)

