

## 2019 Pacific Association / USATF Cross-Country Season Participation Waiver

D.O.B.  mm/dd/yyyy

Entrants Name  Sex:  M  F

Address

City  State  Zip

Phone (Day)  (Eve)

**PACIFIC ASSOCIATION RUNNERS** *(Write in association if other than Pacific)*

PA/USATF Card #  PA/USATF Club **38-143**  
 Empire Runners Club of Sonoma County

Emergency Contact:  Relationship:   
 Contact Numbers:

**WAIVER:**

*(The following must be signed to enter the race. If you are under 18, your parent or guardian must sign for you.)*  
 In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive and release forever any and all rights and claims or damages I may accrue against any and all organizations, sponsors, and/or individuals connected with the Pacific Association events listed below as part of the USATF Cross Country Series, their representatives, successors and assigns for any and all injuries suffered by me in connection with this event including pre- and post-race activities.

Signature \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/2019  
 MM DD

UC Santa Cruz Cross Country Challenge	August 17, 2019
Phil Widener Empire Open	August 24, 2019
GVH Lagoon Valley XC Open	August 31, 2019
Golden Gate Park Open	September 8, 2019
Rebel XC Challenge	September 14, 2019
Garin Park XC Challenge	September 21, 2019
John Lawson Tamalpa Challenge	September 29, 2019
Willow Hills XC Open	October 12, 2019
Matt Yeo Memorial Aggies XC Open	October 19, 2019
Excelsior Challenge	October 26, 2019
PA Cross Country Championship	November 17, 2019