

2016 Mini Mustang Stampede
One Mile Cross Country Fun Run

Sunday, October 23, 2016 at 1PM

Albion Middle School Cross Country course located behind the building.

Check-in and registration begins at noon-at the track.

Arrive early to get your race tag and view the course, it is well marked.

Entry donation toward awards and expenses will be accepted.

Return your registration form to Rae Alexander at 19230 Westwood Dr., 44149 or give to your Physical Education teacher to forward to Rae at Muraski Elementary.

A Google form may be submitted for online registration! If you email me, I can send the link directly.

Questions? ralexander@scsmustangs.org

You may register the day of the race, but arrive early. One form per entry please.

Name _____ M / F _____ grade _____

School _____ Phone _____

Email address _____

Waiver: I understand that the Race Directors, race volunteers, parent helpers, and coaches, along with Strongsville City Schools, and Muraski Elementary and Albion Middle School will not be responsible for any injury or accident that may occur during participation in this event. The staff will stress safety and take precautions to guard against injury. My child is physically ready to enter this race and has my permission to participate.

Signature of Parent or Guardian _____ date _____

Race Day Information

The course will be marked and easy to follow, but if you can arrive early, it is best to see the course ahead of race time.

Everyone must check-in and pick up their race tag. Each runner will wear a race tag that will be torn off to enable the finish line workers to keep everyone in order for results.

Check in area will be near the start and finish lines.

All athletes will be timed, but the timer will be working the finish line until all the racers finish. The times will be stored in the watch memory and processed later. If you want immediate timing please bring a watch to time your runner.

Results will be available within a couple days of the race. They will be posted online and also sent to your PE teachers electronically.

Awards will be given out in the chute as the runners finish.

The "chute" is the area immediately after the finish line. All runners proceed through the chute after crossing the line. Their tags will be removed and the awards will be given at the end. It is important that the runners stay in their finish order.

There is likely to be no building access, so no restroom facilities on site.

Spectators are encouraged to be on the course, but not on the path of the runners. Stay back and give them room to see ahead and where they are going. Do not interfere at the finish.

Race photos will be available at [Shutterfly.com](https://www.shutterfly.com). You will be invited to view them if we have your email address.

We will be collecting donations of canned fruit and soup for the Strongsville Food Bank!

We are part of the Brown's First and Ten program for community service! You can volunteer to help during the race to be part of the #give10 challenge.

Enjoy the racing and fitness fun!