



**McQuaid Invitational
Alumni Challenge**

**Open 3 Mile Cross Country Race
Saturday, October 3rd...5:00pm**

Genesee Valley Park, Rochester



In addition to traditional age-group competition, this 3-mile event will offer team competition as former high-school teammates reunite to compete once again for bragging rights to see who has the area's "Best Alumni XC Team" Make sure to download a team registration form from www.gvh.net

THE COURSE...A wheeled and accurate three mile course that is 85% grass with a 600 meter section of pavement within the first mile. Although not difficult, the course is challenging as it has rolling hills with many twists and turns... Short spikes or racing flats recommended.



ENTRY FEES...\$10.00 online via www.Active.com or by mail Thursday, October 1st. \$15.00 on race day. (\$5.00 for participating HS coaches) .Race day registration will begin at 4:00pm at the Gray building adjacent to the finish line in Genesee Valley Park.



AMENITIES...All entrants will be a custom-made McQuaid Invitational Alumni Challenge T-shirt



AWARDS...Merchandise awards to overall and age-group winners... Custom McQuaid Invitational medals to top 10% in each age group. Ribbons to all finishers. Custom trophy to the winning 5-person Men's Alumni and 3-person Women's HS Alumni Teams. 2008 Champions: **Vestal Women HS Alumni**

AGE GROUPS...Men and Women: 19 & under, 20-24, 25-29, 30-34, 35-39, 40- 44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

WAIVER: *I know that running a cross country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or walking in this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the McQuaid Jesuit HS, the race director, race committee and any and all sponsors and workers from any claims or liabilities of any kind arising out of my participation in this event. I understand that all entry fees are non-refundable. I have read the information provided and certify my agreement and compliance with my signature.*

SIGNATURE _____
(parent or guardian if participant is under 18)

LAST NAME _____ FIRST _____

ADDRESS _____

CITY/TOWN _____ STATE _____ ZIP _____ T-Shirt: S M L XL

PHONE _____ AGE ON RACE DAY _____ GENDER: Male Female

EMAIL _____ HS Alumni Team _____

Make checks payable to Peter Glavin and mail to: PO Box 16375, Rochester, NY 14616

PARKING NOTICE: Parking in Genesee Valley Park will be reserved for event volunteers and High School buses **ONLY**. Participant parking will be available **ONLY** in the University of Rochester Medical Center Lot off Lattimore Road. Plan on arriving early as it is 600-800 meters to registration area.