

[www.overthehilltc.org](http://www.overthehilltc.org)



# Over The Hill Track Club

## 5K CROSS COUNTRY MEET--Sunday, September 28, 2008

TIME: 11:00 am start

COURSE LOCATION: University School 2785 S. O. M. Center Road Hunting Valley, Ohio  
Need directions to the race? <http://www.mapquest.com>  
5km course is mainly grass. Spikes are permitted.

ENTRY FEE: \$8 per person if pre-registered by 9/23. \$10 per person day of race.  
Make checks payable to **OVER THE HILL TRACK CLUB.**

MAIL TO: OVER THE HILL TRACK CLUB  
Jeff Gerson  
5091 Hickory Dr.  
Lyndhurst, Ohio 44124

AWARDS: **Trophies to the top 3 in each age group.**  
Age groups: (Men & Women) 14 and under, Open (15-29), 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,....., 95-99

Team trophies to the top 2 teams

Divisions: (Men & Women) 14 and under, open, 30-39,40-49,50+

**Note:** All teams must have 5 runners to constitute a team. Older runners may move down in age group for team purposes, but individually they will be scored in their own age groups. Please indicate on entry form if you are moving down in team competition.

CONTACT: Jeff Gerson 440-473-0636

OVER THE HILL CROSS COUNTRY MEET ENTRY FORM

TEAM ENTRY: - Club \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Runner	Age	Runner	Age	Runner	Age
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

**INDIVIDUAL ENTRY:**

NAME: \_\_\_\_\_ CLUB \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ AGE DAY OF RACE: \_\_\_\_\_ DIVISION: \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

I hereby waive all claims against University School and Over The Hill Track Club for any injuries I may receive while competing, and I testify that I have sufficiently trained for this event.

SIGNATURE: \_\_\_\_\_ Date \_\_\_\_\_

(Each runner must sign this waiver) Thank you ~ Good Luck

Parent or guardian's signature (if athlete is under 18): \_\_\_\_\_