



Tiger Cross Country 2021

Tiger Cross Country is designed to prepare grade school runners for cross-country in a fun and encouraging environment. Each individual will be placed into a group with athletes of similar fitness levels as we work on increasing fitness while focusing on proper running form, playing games, and running workouts at local parks and trails.

The cost is \$80 and includes a racing singlet, one home, inner-squad Cross Country meet, Professional Coaching by Certified Runner's Flat Staff, Local School Teacher/Coaches, and incredible volunteers, plus facility rentals and expenses.

Register through The Runner's Flat. Cash, Check, or CC. Registration ends 8/30/2021

Practices will take place on Tuesdays from 5:30-6:30 p.m. and Sundays from 2:00-3:00 p.m. from varied locations. First practice will be Tuesday the 7th of September at Birdsall Park in Cedar Falls.

The Season runs from the beginning of September through the first part of November.

Age	Race Distance
7-8	2K
9-10	3K
11-12	3K
13-14	4K

PRE-SEASON MEETING:

We'll have a parent/athlete meeting at 5:30 p.m. on Tuesday, September 7th, right before holding our first practice. Athletes can come ready for practice. We'll host the first practice at Birdsall Park in Cedar Falls. Calendars with date, time, and location for each practice, plus the season's meet schedule will be given out and anyone who has not signed the waiver or registered can do so then as well.

Please feel free to contact Scott Gall with any questions at scott@therunnersflat.com

REGISTRATION

Sign and return with cash, check, or money order payable to: The Runner's Flat 120 Main St. Cedar Falls, IA 50613

Athlete Name: Birthdate: Age:
Parent Name:
Address:
Cell phone:
Email address:
Grade entering:

Singlet Size:

Waiver:

Knowingly and at my own risk, I hereby agree to run the Tiger Cross Country training program and agree to release any claims for damages or injuries that may incur as a result of my participation against Scott and Sarah Gall, Bryan Rutledge, and any other coaches, paid or volunteer, their families or any other volunteers assisting with the program, The Runner's Flat and it's Run Club and employees. I further hereby certify that I have full knowledge of the risks involved with running and am physically fit and in sufficient condition to participate.

Signature _____ Date: _____

Parent Signature if under 18 _____
Date:

Scholarships are always available for those in a position of need.
Please email Scott Gall for consideration or if you know someone in need at scott@therunnersflat.com