



The Charm City Run Kids X-Country Series presented by Saucony consists of seven races for girls and boys 12 and under. While top runners in each group win medals, the series is intended to be a fun, non-competitive, family-friendly introduction to running and all runners will "win" ribbons. Parents are welcome to run with their kids to encourage them and perhaps get a little exercise themselves!

**Ways to register:**

- Online – [www.charmcityrun.com/kids](http://www.charmcityrun.com/kids)
- In any Charm City Run Location
- Mailing the form below with fee

## 2019 KIDS X-COUNTRY SERIES

*presented by Saucony*

Child's Name \_\_\_\_\_ Parent's Name \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Child's Birthday \_\_\_\_\_ Age on race day \_\_\_\_\_

Parent's Email \_\_\_\_\_ Gender  Male  Female

**RACE SELECTION** (\$6 each until race day, \$10 on race day)

Location	Race Date	Sign Up	Price
Gilman School <i>Baltimore, MD</i>	Sunday, September 8th at 3:30pm	<input type="checkbox"/>	\$6/\$10
Catonsville High School <i>Catonsville, MD</i>	Sunday, September 15th at 3:30pm	<input type="checkbox"/>	\$6/\$10
Loyola Blakefield <i>Towson, MD</i>	Sunday, September 22nd at 3:30pm	<input type="checkbox"/>	\$6/\$10
Annapolis Towne Centre <i>Annapolis, MD</i>	Sunday, September 29th at 3:30pm	<input type="checkbox"/>	\$6/\$10
River Hill High School <i>Clarksville, MD</i>	Sunday, October 6th at 3:30pm	<input type="checkbox"/>	\$6/\$10
Sparks Elementary <i>Sparks, MD</i>	Sunday, October 13th at 3:30pm	<input type="checkbox"/>	\$6/\$10
TBA <i>Baltimore, MD</i>	Sunday, October 20th at 3:30pm	<input type="checkbox"/>	\$6/\$10
<b>ALL SEVEN RACES</b>	<b>September 8 - October 20</b>	<input type="checkbox"/>	<b>\$35</b>

TOTAL AMOUNT \$ \_\_\_\_\_

*(If you would like a t-shirt, please include an additional \$10)*

**CHILD'S SHIRT SIZE**  
(additional \$10)

YS	<input type="checkbox"/>
YM	<input type="checkbox"/>
YL	<input type="checkbox"/>
Adult S	<input type="checkbox"/>

**CHILD'S AGE GROUP**

<input type="checkbox"/> 4 & Under	<input type="checkbox"/> 5 & 6
<input type="checkbox"/> 7 & 8	<input type="checkbox"/> 9 & 10
<input type="checkbox"/> 11 & 12	

Print form, print or type, sign and mail completed form along with your check made payable to Charm City Run Events: Charm City Run Events, P.O. Box 5464 Towson, MD 21285, or register online at: [www.charmcityrun.com/kids](http://www.charmcityrun.com/kids).

Office use only:  Cash  Check, # \_\_\_\_\_  Credit Initials \_\_\_\_\_



**PLEASE SIGN THE WAIVER  
ON THE REVERSE SIDE**





# KIDS X-COUNTRY SERIES WAIVER

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Charm City Run LLC, Charm City Run Events LLC, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Important Concussion Information

As with any sport, there is a risk of receiving a concussion. A concussion can occur when an outside force hits the head. Receiving a concussion puts you more at risk of receiving another concussion.

The signs of a concussion include: Confusion, delayed responses, dizziness, fatigue, headache, loss of consciousness, nausea, slurred speech and vomiting. Signs of a concussion can even show up days or weeks after the event that caused it. If you suspect your child may have received a concussion please let Charm City Run or medical staff know as soon as possible. It can take days or weeks to recover from a concussion and while healing your child is at an increased risk of receiving another concussion. It is recommended to gradually return to sports under management of a health care professional.

If after a concussion your child exhibits signs like an enlarged pupil, a worsening headache, decreasing coordination, increasing confusion, restlessness or agitation, and/or other unusual behavior please seek medical attention immediately.

**By signing this you acknowledge you have received and read this information.**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Name (Printed): \_\_\_\_\_

Child's Name: \_\_\_\_\_