



VAFB Youth Programs
2008 Landsharks Running Club
Fall Cross Country Series
September 8 - October 15

We invite all of the VAFB Kids, ages 5 to 12 years old to enter the 2008 Landsharks Running Club Cross-Country Series that begins September 8th and ends October 15th. Practices are from 5:30-6:30 pm. Our philosophy is every finisher is a winner and competition is against yourself to improve! This is a fun, non-competitive event to introduce kids to distance running! For more information about this program please visit our website: www.landsharksinca.blogspot.com.

Practices and competitions will take place at the track across from the Fitness Center on VAFB.

Distances: Pre K – 1st grade: ½ mile; 2nd – 6th grade: 1 mile or 1½ miles

Kid's Training Programs: The Landsharks Running Club has organized a six week training program at the track and soccer field across from the Fitness Center which meets Monday and Wednesday evenings from 5:30 PM to 6:30 PM. We will only be accepting the first 75 paid runners.

Entry Fees: Individual entry fee is \$28 by 9/1 and \$45 thereafter for the series. Entry fee includes three nights of racing; three racing tags, finisher ribbons, series medal for all runners, and finish line refreshments. If you already have a T-shirt you don't need to purchase a new one unless you would like one with our new logo. A Youth Center membership and health physical is highly recommended but not required for this program at this time.

Volunteers: We need you! We have a free T-shirt that only you can fill! We need help with marshalling the course, timing, awards, refreshments, and other event administration. Please email us at amsdenfamily@verizon.net if you would like to help or even start a program at your school!

Contact: Please feel free to contact the Kevin or Amy Amsden at 734-2408 or the Youth Center if you would like more information or to schedule a time to drop by your registration.

In consideration of acceptance my child's entry in the Landsharks Running Club XC Series, I, intending to be legally bound for myself, my heirs, executors and administrators, do hereby release and discharge Landsharks Running Club, all School Districts, Kevin and Amy Amsden, sponsors, and any other support of the LSRC XC Series, from liability arising from illness, injuries and damages my child may suffer, including those which may be attributed to weather conditions, dehydration, running surface or other competitors, as a result of my child's participation in this event and training program. I attest and verify that my child will participate in this event and training program as a foot race entrant that my child is physically fit and has sufficiently trained for the event. I have read all entry information provided and certify my compliance below.

Parent/Guardian's Name: _____

Parent/Guardian's Signature Required _____ Date _____

Runner's Last Name: _____, First Name: _____,

Grade: ____ Sex: M or F, School _____, Email address _____

Address: _____, City _____ CO, ZIP: _____

Evening Phone: _____, Emergency Phone, _____.

Additional Family Runners, First Name: _____, Grade: ____ Sex: M or F

First Name: _____, Grade: ____ Sex: M or F

Landsharks Running Club T-shirts

Youth Sizes: Small __, Medium __, Large __ (\$5)

Adult Sizes: Small __, Medium __, Large __, XL __ and XXL __ (\$5, except XXL \$7)

Landshark Series Entry Fee: \$28/runner Amount included \$ _____. Checks to: Amy Amsden Memo: Landsharks

Mail to: Amy Amsden, 404 Cedar Street, Vandenberg AFB, CA 93437 **Postmark Deadline: 9/1**

