



Parsippany Express 2019 Youth Cross Country Program



Who: Cross Country running for Parsippany Residents born between 2005-2013. Runners must be 6 years old by 12/31/19. No high school students permitted.

Age Group & Race Distances (Age as of 12/31/19):

6-8 year olds	1561 meters (0.97 mile)
9&10 year olds	2270 meters (1.41 miles)
11&12 year olds	2977 meters (1.85 miles)
13&14 year olds	2977 meters (1.85 miles) & 3970 meters (2.47 miles)

Where: Races at Central Park of Morris County; Practices at various parks in Parsippany

When: Practices are Tuesdays & Thursdays at 7pm starting Tuesday July 30th. Time changes with daylight. Meets are on Sunday mornings starting 9/8/2019 at 9 a.m.

How: Registration involves a few steps:

1. Register at the Parsippany Recreation Department for \$7.00 or online at: <http://www.parsippany.net/Departments/Recreation/>
2. Complete the information below. Note we will communicate via email, please provide email.
3. Write two checks:
 - a. Dues check for \$75 per child payable to Parsippany Express Cross Country
 - b. Work Bond check for \$50 per family dated 11/30/2019 payable to Parsippany Express Cross Country. Work bond checks will be returned or shredded upon completion of volunteer work.
4. If it is the first year you are running, make a copy of your child(ren)'s birth certificate
5. Mail this form, the two checks, and if applicable, the copy of the birth certificate to: Parsippany Express Cross Country c/o Tom Metz 26 Clairview Road, Denville, NJ 07834.

Name of Runner #1:	Check T Shirt Size: <input type="checkbox"/> Youth S <input type="checkbox"/> Youth Med <input type="checkbox"/> Youth L <input type="checkbox"/> Youth XL <input type="checkbox"/> Adult S <input type="checkbox"/> Adult M <input type="checkbox"/> Adult L <input type="checkbox"/> Adult XL	Age on 12/31/19:	Year of HS Graduation:
Name of Runner #2:	Check T Shirt Size: <input type="checkbox"/> Youth S <input type="checkbox"/> Youth Med <input type="checkbox"/> Youth L <input type="checkbox"/> Youth XL <input type="checkbox"/> Adult S <input type="checkbox"/> Adult M <input type="checkbox"/> Adult L <input type="checkbox"/> Adult XL	Age on 12/31/19:	Year of HS Graduation:
Name of Runner #3:	Check T Shirt Size: <input type="checkbox"/> Youth S <input type="checkbox"/> Youth Med <input type="checkbox"/> Youth L <input type="checkbox"/> Youth XL <input type="checkbox"/> Adult S <input type="checkbox"/> Adult M <input type="checkbox"/> Adult L <input type="checkbox"/> Adult XL	Age on 12/31/19:	Year of HS Graduation:
Parent Name(s):	Email Address(es) for contact list:	<input type="checkbox"/> Yes, I'd like to help coach	

More Questions? Please contact Tom Metz at 973-590-8726 or ParsippanyExpressCrossCountry@Gmail.com or visit our website at <https://www.parsippanyexpresscrosscountry.org/>