



## AUGUST 2017

Elementary School and Middle School Cross Country Parents and Athletes,

Thank you for your interest in Knoxville Youth Athletics Elementary School - Middle Schools Cross Country. Elementary and Middle Schools Cross Country in this area is a sport supported and managed by Knoxville Youth Athletics and is not a sanctioned sport in many of our surrounding school systems. It is open to all individuals and schools (public or private) in the East Tennessee Area. Home schooled athletes are also encouraged to participate. The Elementary School Program guidelines will be similar to the guidelines set forth for the Middle School Program. The following page will give you the basic information to get started. For further information, name of the coach for your school, to see if your school has a program or to start a cross-country program in your school or are please contact:

**Marty Sonnenfeldt**  
**Knoxville Youth Athletics**  
**Director**  
865-304-8381  
[knoxvilleyouthathletics@gmail.com](mailto:knoxvilleyouthathletics@gmail.com)

### **Important Program Web Links**

Main ES/MS Cross Country Page  
<http://knoxvilleyouthathletics.org/programs/elementary-and-middle-school-cross-country>

Tennessee State Elementary School Championships  
<http://knoxvilleyouthathletics.org/meetsraces/tennessee-state-elementary-school-cross-country-championships>

Tennessee State MS Cross Country Championships  
<http://knoxvilleyouthathletics.org/meetsraces/tennessee-state-middle-school-cross-country-championships>

KYA Post Season Cross Country Program  
<http://knoxvilleyouthathletics.org/programs/post-season-cross-country>

Victor Ashe Park Fall Classic  
<http://knoxvilleyouthathletics.org/meetsraces/victor-ashe-park-fall-classic>

## Eligibility

Open to all boys and girls of Middle school age (grades 6, 7, 8) or Elementary School Age (grades 3,4 and 5). We realize that certain school districts have different grade designations for Middle School and Elementary School but we will need to adhere to one standard. The program is open to all public, private schools and homeschooled athletes. Middle School athletes must compete in at least one regular season meet in order to be eligible for the championship meet. Home schooled and or individuals who do not have schools participating may compete as unattached, part of a school team closest to their normal public school zone or as part of a recognized home school cooperative. The same applies to elementary school.

## Distances Run

Middle School - 2 miles for Boys and Girls / Elementary School - 1 Mile

## Practice Times

These times are at your discretion or the discretion of the school coach or volunteer. We recommend that you practice a minimum of 2-3 times a week in order to fully prepare the kids to complete a 2-mile (or 1 mile for Elementary) course comfortably. Your initial goal should be to promote positive fitness goals with performance issues taking a back seat to participation. There will be a guide published on the coaches' page to help you with sample training programs.

## Knoxville Youth Athletics Weekend Group Runs

Optional weekend (Sunday) group runs will be held each week starting August 27, 2017. Schedules of these runs are available on the main ES / MS Page. All individuals and teams and parents are encouraged to come out for an easy run on the courses that you will run the following Monday or Tuesday. This is a great way to preview the course while getting out with your teammates and parents to enjoy a healthy run. All group runs are lead by Knoxville Youth Athletics Staff. Fluids are the responsibility of the individual athlete / parent.

## Insurance

Practice and Meet Insurance coverage provided through the USATF (USA Track and Field) our sport's governing body. Individual accident medical coverage (pays as overage to primary parent coverage) is provided as part of Registration Fee.

## Costs

\$ 28.50 per athlete for the entire season (one meet or all 6) – Made payable to Knoxville Youth Athletics. Program fees are due at the first meet when you pick up your bib numbers. If you require a receipt for your meet entries please email [knoxvillyouthathletics@gmail.com](mailto:knoxvillyouthathletics@gmail.com) with your request prior to the first meet. For those athletes who are not able to afford the program costs a fee waiver may be granted. Please contact the program director for details. The program fee will cover the following operational costs:

- Security / Parking for all meets
- Porte-Johns
- Course Preparation - marking
- Practice Insurance for athletes
- Event insurance and liability insurance for coaches
- Individual accident medical coverage for the athlete
- Bib numbers, Bib Chips and pins
- Awards
- Fluids and cups at meets
- Office supplies
- Bib Chip Timing and Results
- Course supplies – Marking / Flagging / Finish line
- PA System at all meets

**Concessions will be available at all meets and the official program shirt will be on sale at each meet for \$18.00. Please encourage your kids to purchase one. All proceeds go towards keeping our program costs to a minimum.**

## Meets

Elementary Meets will generally be held on MONDAY's - with the exception of 9/2/17 - Saturday (first program meet) and (Labor Day) when we will run on Wednesday 9/6/17). The final meet will be the ES Championship Meet 10/2/17. Allow for ample time to get to the meet site and for parking. If at all possible try to car pool so that we can keep parking problems to a minimum Six meets total. Please check the schedule for meet start times, as they will change somewhat according to the meet location and available light towards the end of the season. Most meets should be over by 7:45 PM

Middle School Meets will generally be held every TUESDAY with the exception of 9/2/17 - Saturday (first program meet) and will end with the MS Championship Meet 10/3/17. Six meets total. Allow for ample time to get to the meet site and for parking. If at all possible try to car pool so that we can keep parking problems to a minimum. Please check the schedule for meet start times, as they will change somewhat according to the meet location and available light towards the end of the season. Most meets should be over by 8:30 PM.

**REGISTRATION** – All teams and individuals must register and submit their rosters online by August 30, 2017 (midnight). All fees may be paid online or at the first meet. **If you are a member of a team the coach will process your registration. If you are unattached or not competing with a team you must process your registration by August 30, 2017.** Registration Link can be found at the main program page or under the registration header (click programs) off of the main Knoxvilleathletics.org website.

### 2017 Elementary & Middle School Cross Country Program Schedule

**Regular Season Meets are shaded in grey with direct links to maps and directions in underlined links. Invite and Championship Meets highlighted in yellow**

Date	Time	Event / Activity	Location	Driving Directions	Course Maps Videos	Additional Information
7/24/17	7:00 PM	Informational Meeting for those interested in starting a program at their school	Provision Health and Performance	<a href="#">Map</a>		
8/3/17	6:30 PM	Coaches Meeting	Provision Health and Performance	<a href="#">Map</a>		Season Organizational Meeting for Team Coaches
8/13/17	3 PM 5 PM	Coaches Clinic	Provision Health and Performance	<a href="#">Map</a>		Learn from area experts
8/27/17	6 PM	Group Run	Victor Ashe Park	<a href="#">Directions</a>		Open to all parents / participants preview of course Saturday at the Victor Ashe Park Fall Classic
9/2/17	<a href="#">See Meet Web Page</a>	Victor Ashe Park Fall Classic  First Meet for both ES and MS Cross Country Program - Entry Fee Included in Program Fee	Victor Ashe Park		<a href="#">ES-Map</a> <a href="#">ES-Video</a> <a href="#">MS-Map</a> <a href="#">MS-Video</a>	ES / MS / HS College Division Races - <a href="#">Meet Info</a>  <a href="#">Parking Map</a>
9/3/17	3 PM	Group Run	Cove Lake State Park	<a href="#">Directions</a>		Open to all parents / participants preview of course that will be run on Monday and Tuesday

9/5/17	6:15 PM	Second MS Cross Country Meet	Cove Lake State Park		<a href="#">MS Map</a> <a href="#">Video</a>	6:15 PM - Girls Start 6:45 - Boys Start
9/6/17	6:15 PM	Second ES Cross Country Meet	Cove Lake State Park		<a href="#">ES Map</a> <a href="#">Video</a>	6:00 PM Girls Start 6:15 PM Boys Start
9/10/17	4:00 PM	Group Run	Walters State Sevier County Campus	<a href="#">Google Map</a>		Open to all parents / participants preview of courses that will be run on Monday and Tuesday
9/11/17	6:15 PM	Third ES Cross Country Meet	Walters State Sevier County Campus		<a href="#">ES Map</a> <a href="#">Video</a>	6:15 PM - Girls Start 6:30 PM - Boys Start  <b><u><a href="#">Parking Plan / Team Area</a></u></b>
9/12/17	6:15 PM	Third MS Cross Country Meet	Walters State Sevier County Campus		<a href="#">MS Map</a> ES X2 <a href="#">Video</a>	<b><u><a href="#">Parking Plan / Team Area</a></u></b>
9/17/17	5 PM	Group Run	TBD	Directions		Open to all parents / participants preview of course that will be run on Monday and Tuesday
9/18/17	6:00 PM	Fourth ES Cross Country Meet	TBD		ES Map Video	6 PM - Girls Start 6:15 PM - Boys Start
9/19/17	6:00 PM	Fourth MS Cross Country Meet	TBD		MS Map Video	
9/24/17	3 PM	Group Run	Leisure Pools Forks of the River	Directions		Open to all parents / participants preview of course that will be run on Monday and Tuesday
9/25/17	6:00 PM	Fifth ES Cross Country Meet	Leisure Pools Forks of the Rive		ES Map Video	6:00 PM - Girls Start 6:15 PM - Boys Start
9/26/17	6:00 PM	Fifth MS Cross Country Meet	Leisure Pools Forks of the Rive		MS Map Video	
10/2/17	5:30 PM	Area ES Championships	Victor Ashe Park			Elementary School (ONLY) - 5:30 PM Qualifier for the Tennessee State ES Cross Country Championships - <a href="#">Meet Info</a> <a href="#">Parking Map</a>
10/3/17	5:30 PM	Area MS Cross Country Championships	Victor Ashe Park	<a href="#">Directions</a>	<a href="#">Map</a>	Middle (ONLY) Race - 5:30 PM Qualifier for the Tennessee State MS Cross Country Championships <a href="#">Meet Info</a> <a href="#">Parking Map</a>
10/21/17	10:30 AM	Tennessee State Elementary School Cross Country Championships	Victor Ashe Park	<a href="#">Directions</a>	<a href="#">Map</a>	<a href="#">Meet Info</a>

10/21/17	12:10 PM	Tennessee State Middle School Cross Country Championships	Victor Ashe Park		Map	<a href="#">Meet Info</a>
10/24/17	4:30 PM	First Practice - Post Season Cross Country Program - Elementary and Middle	All Sites			<a href="#">Program Info</a>
10/30/17	4:30 PM	First Practice - Post Season Cross Country Program - High School Non-State Qualifiers	All Sites			<a href="#">Program Info</a>
11/6/17	4:30 PM	First Practice - Post Season Cross Country Program - High School State Qualifiers	All Sites			<a href="#">Program Info</a>
11/11/17	11:00 AM	KYA Youth Cross Country Invite	Victor Ashe Park			Middle School and Younger <a href="#">Meet Informantion</a>
11/17/17	6 PM	Hoka One One Postal Nationals - Tennessee presented by KYA	Hardin Valley Academy			<a href="#">Meet Informaton</a>
11/18/17	8 AM	Cross Country Coaches National Youth Championships	TBA			For Middle School and Younger
11/25/17	8 AM	Footlocker South Regional Cross Country Championships	Charlotte, NC			

**For Further Information:**

**865-304-8381** or [knoxvilleyouthathletics@gmail.com](mailto:knoxvilleyouthathletics@gmail.com)

**[Victor Ashe Park Fall Classic](#)**

Hosted by Knoxville Youth Athletics the Victor Ashe Park Fall Classic will be held 9/2/17. This is a great opportunity for kids to run against athletes from out of town and even out of state. There are divisions for Elementary, Middle, High School and College teams and individuals. If you have registered for the program and paid your program fees your entry into this meet has been paid for.

**[Knoxville Youth Athletics – Tennessee State Elementary and Middle School Cross Country Championships – 10/21/17](#)**

Join 1500 other Elementary and Middle School runners from across the state to vie for a state team and individual titles. In order to qualify for the state meet your team must place in the top 5 (or have placed in the top 25 individually) in the Area MS Championships held at Victor Ashe Park 10/3/17. Elementary School runners by placing in the Top 5 Teams (and top 30 individuals) at the area ES Championships held at Victor Ashe Park on 10/2/17.

**[Knoxville Youth Athletics Post Season Cross Country Program](#)**

At the conclusion of the Elementary-Middle School Cross Country Program participants who are interested may continue their Cross Country experience by taking part in Knoxville Youth Athletics Post Season Cross Country Program. Starting October 24 boys and girls ages 8-18 will practice 3-5 x a week at Hardin Valley Academy and Victor Ashe Park. The Knoxville Youth Athletics Team will compete in

three races leading up to three season end cross country championships. Call Bobby Holcombe @ 865-643-2840.

## [Course Descriptions / Directions](#) – (One course remains to be finalized – please check website for more information.)

### [Victor Ashe Park](#)

The course will start and finish on the soccer fields just below the concession stands and rest rooms. Course boundaries will be mowed-in by the City of Knoxville Parks and Recreation Department. A 10 meter path has been laid out through all wooded areas. Wide open starting area with a flat start. Course will be rolling. Rest rooms will be available at the park concession area and supplemented with porta-johns. The park is located adjacent to Badget Field access to the park will be off of Bradshaw road and not Badget Field. **Directions:** Off of I-640 take the Western Ave. exit. Follow Western Ave West (towards Oak Ridge ) .3 miles to Ball camp Pike - take a right at the light by Wendy's Restaurant and follow Ball Camp to Bradshaw Rd. Take a right onto Bradshaw and follow 1 mile to the entrance to the park on left. Bear left when entering park to the XC parking area, please follow parking instructions given by security officers.

### [Cove Lake State Park](#)

Cove Lake State Park course has been used annually for high school cross country meets as well as a local summer road race. The MS course is mostly grass and rolling. There is an exterior and an interior loop. There are 3-4 paved bike path cross over and a concrete bridge crossing of about 40 meters. Some may want to stick with non-spiked shoes. The ES course is a single grass loop mostly flat. Both races start in the open field below the restaurant and finish in the outfield of the softball field. **Directions:** Take I-75 North (from Knoxville) to exit 134 (for 25W). Bear right off exit and proceed on 25W past stoplight for .8 mile, the entrance to the park will be on your left. Please follow security and parking volunteer instructions once in the park.

[Leisure Pools / Pickle Island](#) New for 2017. Held on the site of Leisure Pools Headquarters commonly known as Pickle Island. Leisure Pools is located in the Forks of the River Industrial Park. Take 1-40 either direction and get off at the Strawberry Plains exit. Follow Strawberry Plains to Gov. John Sevier Hwy and take a left. Follow to Gov. John Sevier Hwy to National Dr. Turn onto National Drive by the Pilot Station and follow National Dr. to the parking area for the course.

### [Walters State Community College \(Sevierville, TN\)](#)

New in 2015 the Walters State Community College course brings the KYA ES/MS Cross Country Program to Sevier County. The elementary course is a single loop 1-mile course running around the periphery of the Walters State Campus. The middle school course is a two loop 2-mile course utilizing the base 1-mile loop of the elementary school course twice. **Directions:** From Knoxville take I-40 E to Exit 407 towards Sevierville, Pigeon Forge (RT 66 Winfield Dunn Pkwy). Follow 66 into Sevierville at stoplight at 411. Turn left and follow 411 past Sevier County HS to Old Newport Hwy there will be a Wiegles on your left before you turn right onto Old Newport Hwy. Follow signs to Walters State Community College.

## [Knoxville Youth Athletics Elementary / Middle School Cross Country Program Inclement Weather Policy](#)

**Practices** – Each participating school (coach) may either hold or cancel practice at their respective sites at their discretion. It is the individual coach's responsibility to inform parents of practice cancelation. As a general rule we will run in the rain. If there is lightning in the area practices should be delayed for 30 minutes to allow weather to clear. If at this time there is still lightning in the area – practice should be delayed an additional 30 minutes. If after 2 – 30 minute delays, lightning is still in the area, practice should be canceled.

**Meets** – In general terms meets will run as scheduled. If weather forecasts call for threatening weather please do not assume we will cancel the event. Meet officials will be out on the meet course the morning of each meet through the start of the meet and will assess the weather status as it stands at the meet course. PLEASE DO NOT CALL THE KNOXVILLE YOUTH ATHLETICS HOTLINE the day of the meet to find out if it will be held. If there is any cancellation of the meet it will appear on the TWITTER feed located on the front page of the Knoxville Youth Athletics Website ([www.knoxvilleyouthathletics.org](http://www.knoxvilleyouthathletics.org)) no later than 1:30 PM the day of the meet. You may like us on Facebook at Knoxville Youth Athletics where weather cancellations will be posted and follow us on twitter - @KnoxYouthAth. These are the ONLY locations it will be posted. As a general rule we will run in the rain – even driving rain. If there is lightning in the area the meet will be delayed for 30 minutes for weather to clear. If at this time there is still lightning in the area – the meet will be delayed an additional 30 minutes. If after 2 – 30 minute delays lightning is still in the area, the meet will be canceled. Cancelled meets will not be made up or rescheduled.

## [KNOXVILLE YOUTH ATHLETICS – ELEMENTARY / MIDDLE SCHOOL CROSS COUNTRY – LOST CHILD PROTOCOL](#)

We are very fortunate that so many kids are involved in our fall cross-country program and are seeking a healthy lifestyle through running. This also means that at an average meet you can have as many as 4000 people (parents and siblings included) in and around the start-finish-course area. While each team in our cross country program may have set up a protocol for their respective athletes to return to a central meeting point after the conclusion of a race, Knoxville Youth Athletics is encouraging coaches and parents to please inform your children that if they are unable to find their coach or parent after the race to report directly to our concessions area (where our fluids / snacks and program t-shirts are sold).

***Coaches / Parents should make sure that all athletes are aware of where this area is located prior to the start of the race.*** Our concessionaire will be able to make sure an announcement is made over the PA for parent / coach to retrieve their child / athlete. Our concessionaire also has a cell phone by which contact can be made with the coach or parent. In order for this to work effectively we recommend that your athlete / child know your cell number so it can be called. Regardless we will continue to make announcements over the PA until a lost child is reunited with their parent or coach. You will be required to fill out a sign out form when you pick them up and a picture will be taken for security purposes

## **Cross Country Spectator Etiquette**

In an effort to ensure that every runner is given an equal opportunity to complete our cross country courses safely while giving parents and spectators ample opportunity to view the participants, Knoxville Youth Athletics has developed simple guidelines for parents and spectators to follow during the meet. Please take time to go over these simple rules and pass them along to your family members or meet guests.

### **Course**

Spectators are welcome to view runners on the course however the course is set up **for the** runners. Please be aware of caution tape, flagging, red traffic cones and painted lines. These are used to outline the course boundaries. Spectators should stay outside of the course boundaries and never cross over the course while a race is in progress. Crossing in front of runners no matter what place they are in is both hazardous and disrespectful. Wait till the ENTIRE FIELD has passed before you cross over a course boundary. Once your runners race is over please do not use the course to exit the competition area until the race is completely finished. Use caution when walking around course boundary markers so as not to alter their placement or direction. This could effect the direction the runner takes on the course.



## Assistance

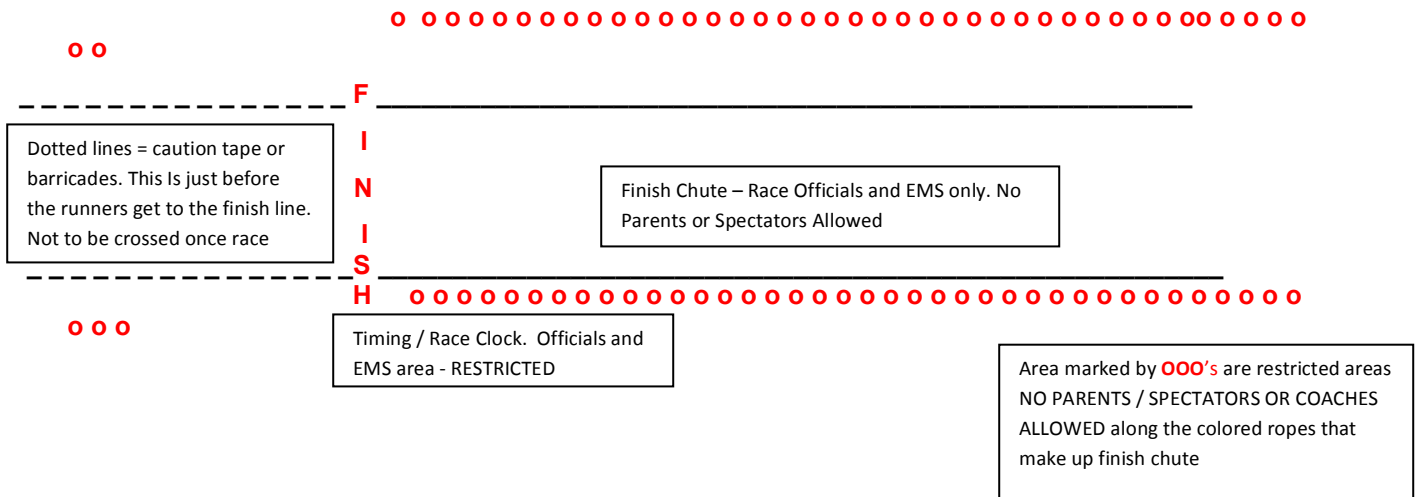
**Pacing or running, biking along side of an athlete during a race is prohibited.** If an athlete needs special assistance due to a disability please make sure race officials are aware of this prior to the start so accommodations can be made. Providing fluids during the race outside of that provided by officials is not allowed unless a participant is in physical distress.

## Starting Line

In order to insure a safe and equitable start for participant's, all parents, spectators and coaches will not be allow to gather in front of the starting line for any reason. Team pictures, coach's last minute instructions will take place behind the athletes.

## Finish Line

KYA finish lines are generally set up in the following manner. Please pay close attention to the areas where parents, spectators and coaches are not allowed to stand or gather. Notice where the finish clock is located and make sure all runners and spectators have a clear view of the clock – i.e. do not stand in front of the clock blocking its view.



## Participant Etiquette

All runners should show respect for each other on the course and in the finish chute. Though starts will be crowded please make sure your runners do not shove, trip or push other runners. Extending hands and arms for balance or to prevent collisions are within competitive boundaries. Intentional acts of shoving, tripping, pushing or unsportsmanlike conduct will result in a disqualification from the race and a meeting with KYA Director, school coach, parents and athlete. Runners are not allowed in any form shape or manner to intentionally impeded the forward progress of another runner. This is most especially true when running in to the finish line. Athletes must keep arms and hands in towards their body and they are not to be used to block someone's progress to the finish line. This to will result in disqualification from the race. Please encourage your athletes to act like they have crossed a finish line before. Grandstanding, cartwheels, etc. are discouraged. Once the finish line is crossed all runners should stay in line and in order not passing or shoving in the chute.

## Participant Bib Numbers

Each participant will wear a bib number on the front of his or her shirt or jersey. Bib numbers are unique to the participant and should not be given to another runner to wear. Please pay close attention to pinning the bib on correctly as show in the diagrams below.



- > Middle School Runners will wear Bib Numbers in all races
- > Elementary School Runners will wear Bib Numbers in all races
- > DO NOT SUBSTITUTE OR SWITCH BIB NUMBERS BETWEEN TEAMMATES OR ATHLETES !!!!!

PIN

PIN



# 1729

www.RoadID.com

PIN

PIN

DO NOT PIN  
HERE  
HOLE HOLE

Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_ Please Print - Use Ballpoint

Mailing Address/Team \_\_\_\_\_

Sex (M/F) \_\_\_\_\_ Age \_\_\_\_\_

\* 1 7 2 9 \*

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ET94MTE7



No. 1729



**RAFFLE/DRAWING**  
(If applicable in this event)

DO NOT PIN THIS HOLE

Each bib will have an RFID (Radio Frequency ID) tag attached to the back of each bib in only one of two of the locations shown below - DO NOT UNDER ANY CIRCUMSTANCES PUT A PIN THROUGH THE RFID TAG.

**START:** 7 AM on Del Monte Avenue near Figueroa Street (across from McDonald's) in Monterey

**PARKING:** At the Custom House Garages on Del Monte prior to 5:30 AM or at Monterey Peninsula College or Del Monte Shopping Center from 5:00 to 8:30. Shuttles will depart for the start every 15 minutes.

**RETURN SHUTTLES:** Take the Recreation Trail from the Custom House Plaza finish area back to Figueroa St. (start area) and shuttles will return runners to Monterey Peninsula College or Del Monte Center between 8:30 AM and 1 PM.

**CORRALS:** Your corral letter is located on the front of your bib. Please line up in the corral assigned to you. The race starts in 1/2 hour from 1 to 3 minutes apart. The 1 1/2 hour race limit begins when the last runner crosses the start chip mat.

**BIBS & TIMING CHIPS:** Your bib must be pinned to the front of your shirt or shorts and visible. Your timing chips are located on the back of your bib; do not remove them.

**SWEATS:** Sweats bags only be dropped off in two locations at the start. Look for the sweats rack on Corral G of Del Monte near the bib pickup tent and on Figueroa in the old parking lot (post-race). They may be returned post-race at the sweats holding area located near the runners' food tent at the finish.

**AWARDS:** Begins at 10 AM at Custom House Plaza next to the Maritime Museum. In the event of rain it will be held in the Starback Forum on the 3rd floor of the Monterey Conference Center.

**IMPORTANT MEDICAL INFORMATION - For your safety and protection fill out this form now!** (see bib pick-up area for more info)

**BY RELEASE OF MEDICAL INFORMATION:**  
I hereby authorize the disclosure of medically related information concerning my health, injuries, incapacity or medical emergency that may occur in the course of participating in this event(s) and to allow that information to be provided to a family member, friend, or event official of the Big Sur International Marathon.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE \_\_\_\_\_ AT RACE?  yes  no

MEDICAL HISTORY (illnesses, allergies, medications) \_\_\_\_\_

WHILE ON THE MONTEREY PENINSULA I AM STAYING AT (hotel, friend, etc.) \_\_\_\_\_

**BY WEARING THIS BIB NUMBER IN THE BIG SUR HALF MARATHON OR A RELATED EVENT I ACKNOWLEDGE AND AGREE TO THE WAIVER BELOW:**

Waiver of Liability: I realize that the Big Sur Half Marathon or Marathon (BSHM) is physically demanding, the course may be adverse weather, and there are some risks in the course. I understand and accept the risk of any injury at the intended event, or in the course. I give to the organizers the right to suspend, including death, and agree to hold harmless the Big Sur International Marathon, its directors and officers, employees and volunteers, sponsors, partners, sponsors, the State of California and anyone connected with the race. If necessary, the race may provide medical care for the entire duration. I agree that the race may use my name or likeness without compensation. I understand that there are no refunds, refunds or reimbursements of any kind for the race. I understand that I am waiving my right to sue or to bring a lawsuit against the race or any other person. I understand that there will be no refund. I have read, understood and agree to all the terms of this agreement. In signing this agreement and paying my entry fee in exchange for the privilege of wearing this bib and using the facilities provided by the race, I am aware that I will not have any legal recourse during the race and that if I choose to do so, I am willing to assume the risk and that I will not sue.