



RELIMINARY Overview of NXR Sioux Falls trip for Wayzata XC 2016.

Day 1 Saturday November 12th.

Day 2 Sunday November 13th, Race Day

HOTEL for the TEAM

Marriott Towneplace Suites

TRANSPORTATION:

Lorenz Charter bus service; we chartered a 53 passenger coach bus

ESTIMATED COSTS: \$120.00 ----\$30.00 deposit **REQUIRED**

Check payable to Kraig Lungstrom

Includes: Hotel, Carbo meal, T-shirt, Charter bus

Limited to FIRST 50 Wayzata Cross Country Boys (No Girls).

2016 Nike Cross Regional Participant Agreement

I understand that my consent to these provisions is given in consideration for being permitted to participate in this running event. I know that running is a potentially hazardous event and I enter this event certifying that I am medically able and properly trained. I also acknowledge any and all other risks associated with participating in this event. Knowing these facts, and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Independent School District #284, Wayzata Cross Country Club, the City of Plymouth, Race Officials, volunteers, and any and all sponsors including their agents, employees, assignees, or anyone acting on their behalf, from any and all claims or liability for death, personal injury, or property damage of any kind or nature arising out of, or in the course of my participation in the Nike Cross Regional Meet. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

I have read the foregoing and certify my agreement by my signature below.

Name: _____ Date of Birth: _____

T-shirt Size ---S ----M-----L-----XL (circle)

Parent E-mail address if under 18 _____

Parent signature if under 18 _____

Kraig A. Lungstrom

Nike Cross Coordinator

540 Pineview Lane N

Plymouth, MN 55441

Kraig@Nstar-mn.com

612-860-8594 cell