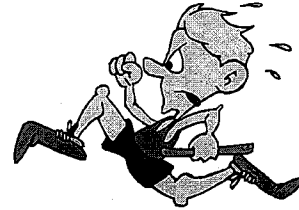


# Mayor James R. Barberio is proud to Sponsor the Youth Cross Country Program



**Who:** Cross Country for Parsippany Residents born between 2003-2010. Must be 7 years old by 12/31/17. No high school students permitted.

### Age Group & Race Distances

- 7&8 year olds-1600 meters (1 mile)
- 9&10 year olds-2100 meters (1.3 miles)
- 11&12 year olds-3300 meters (2.1 miles)
- 13&14 year olds-4000 meters (2.5 miles)

**Where:** Meets and practices at Central Park of Morris County.

**When:** Practices are Tuesdays & Thursdays at 7pm starting Tuesday August 1<sup>st</sup>. Practice times will adjust due with daylight. Meets are on Sundays.

**How:** Step 1: Register online or at the Parsippany Recreation Department for \$5.00 at: <http://www.parsippany.net/Departments/Recreation/>

Step 2: Complete form below and mail with check for \$75 per child payable to Parsippany Express Cross Country to: Parsippany Express Cross Country c/o Tom Metz 26 Clairview Road, Denville, NJ 07834

Name of Runner #1:	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 12/31/17:
Name of Runner #2:	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 12/31/17:
Name of Runner #3:	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 12/31/17:

More Questions? Please contact Tom Metz at 973-590-8726 or  
[ParsippanyExpressCrossCountry@Gmail.com](mailto:ParsippanyExpressCrossCountry@Gmail.com)