

# Cross-Tastic 2011

Presented by FOG and Unicity Eye Clinic



Please print clearly

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_

Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

M

D

Y

Birthday \_\_\_\_\_

MCA Plate # \_\_\_\_\_

**Race**

- A
- B
- C
- Citizen
- Kids

**Kids Categories**

- Under 11
- Under 9

**Sex**

- Male
- Female

**Club Affiliation** (if any) :

\*Waiver must be filled out and signed .

**Refreshments:**

Get into the 'cross atmosphere with free European sausages, coffee, and hot chocolate for racers and spectators.

**Date:** Sunday, October 23, 2011

**Location:** Whittier Park

**Registration:**

Opens 11:30 a.m.

Closes 30 minutes before the start of your race.

**Start Times:**

Kids (U11): 12:30 PM

Race C (CX 4 men, CX 4 women, citizen): 1:15

Race B (CX 1/2/3 women and CX 3 men): 2:15

Race A (CX 1/2 men): 3:00

**Fee:**

CX 1/2/3/4:     **\$15 cash only**

Citizen:         **\$5 cash only**

Kids:            **free**

All fees are non-refundable.

For details and the most up to date information visit the  
Cross-Tastic web page:  
<http://superprestige.blogspot.com/>