

## WELCOME TO THE RAIN CITY FLYERS CROSS COUNTRY TEAM

**HOW DO YOU JOIN:** To become a member of the Rain City Flyers cross country team:

1. **Fill out and return the Rain City Flyers Registration form and Medical Information and Emergency Consent form.**
2. **Read the 2 page Concussion Information Sheet. It must be signed by the athlete and parent or guardian and returned with the registration form. This is required by Washington law.**
2. **Pay the team membership fee: \$15 for an individual or \$25 for a family of 2 or more. A fee waiver may be applied for based on inability to pay. If you registered for the 2010 track program, and paid the team fee, the cross country fee is waived. You must, however, complete the registrations forms.**
3. **If you wish to purchase a team running singlet indicate what size(s) and add \$15 per singlet to your check. We like to have all team members wear the team singlet during races. There are no formal uniform requirements for the club meets. For the Junior Olympics meets you must have a team singlet if you are competing as part of a team in your age group. Ask the coaches if you have uniform questions.**
4. **To participate in the Junior Olympics meets beginning in November you will need to join USA Track & Field (USATF) if you are not already a member. Membership is for one calendar year, ending December 31. You can join USATF online. The cost is \$20. Go to [www.pntf.org](http://www.pntf.org) where there is a membership section with a link to USATF. When you get a membership number let us know what it is.**
5. **There are individual entry fees for each race that you participate in. Some meets, including Junior Olympics, require preregistration. We will provide information about this during the season.**
6. **Information about practices, meets and other team activities will be available at practice, on our website [www.raincityflyers.com](http://www.raincityflyers.com), and we will send periodic information by email.**

**WHAT SHOULD YOU DO NOW?** **Fill out the forms.** Figure out the total fees and costs and make your check to Rain City Flyers. Bring the forms and check to practice or mail to:

Rain City Flyers, 7051 17<sup>th</sup> Avenue Northeast, Seattle WA 98115

QUESTIONS? Jim Neff 206-709-8820 (days) 206-523-4233 (home) [jneff48@aol.com](mailto:jneff48@aol.com)  
Corey Batten 206-361-0179 or [rainypackmm@yahoo.com](mailto:rainypackmm@yahoo.com)