

2019 Nashua PAL Striders XC Junior Olympics Registration Process

- Registration for the 2019 season takes place at Fleet Feet Nashua **October 13th from 4:00-6pm, October 14th from 5:00-7:00, and October 20th from 4:00 to 6:00pm and at Nashua High South on Oct. 21st from 4:00 to 6:00, this is also the first practice.**
- Registration fees for all runners will be \$60 per runner (first runner in a family), \$40 for 2nd family runner, \$20 for 3rd family runner, \$10 for 4th family runner and free for additional family runners.
This fee covers the following:
 - a. USATF Membership
 - b. Entry fees for USATF Association, Regional, and National races.
 - c. Consolation Regional Race (Local Non-USATF event). Event to be determined.
- Uniform fee will be \$15 per runner for a PAL Striders singlet. **All runners are required to have the PAL Strider singlet.** Shorts can be purchased through our uniform provider for \$10 or at any sporting goods or department store of your choosing. The Team Singlet is required by the USATF official rules governing team uniforms. Runners will not be allowed to compete without the singlet. Additional team apparel will be available for fittings at registration such as warm-up pants, jackets, hats, etc..
- **IMPORTANT: DO NOT** register your child with USATF online. This process must be completed by PAL Striders in order to adhere to the USATF electronic registration policy.
- Registration requires the following 4 forms:

Form #1 – PAL Parental Permission Form

- Fill out completely and sign.

Parental Permission and Registration Form
NASHUA PAL CROSS COUNTRY CRUISERS

This is to certify that you understand and consent to your child's participation in the 2019 season of the NASHUA PAL CROSS COUNTRY CRUISERS. This participation is by your child's participation in the NASHUA PAL CROSS COUNTRY CRUISERS. This participation is by your child's participation in the NASHUA PAL CROSS COUNTRY CRUISERS. This participation is by your child's participation in the NASHUA PAL CROSS COUNTRY CRUISERS.

Age: _____ **Height:** _____ **Weight:** _____

Form #2 – USATF Membership Form (ONLY IF YOU DO NOT ALREADY HAVE A USATF MEMBERSHIP NUMBER)

- Fill out completely and sign.
- **DO NOT** sign up for USATF membership online. PAL Striders will do this for you.

The image shows a 'USATF Membership Application' form. At the top, it says 'Only fill out areas with an *'. The form includes fields for 'Personal information' such as Name, Address, City, State, Zip, and Phone. It also has sections for 'Membership Information' and 'Payment Information'. There are checkboxes for 'I agree to the terms and conditions of the membership agreement' and 'I agree to the terms and conditions of the membership agreement'. The form is from the 'Nashua P.A.L. X-Country' club.

Form #3 – Copy of Child’s Birth Certificate (ONLY NEW MEMBERS)

- We will need a copy of the child’s Birth Certificate to prove age eligibility.
- It does not need to be notarized, just a photocopy will suffice. You will not get the copy back.



Form #4 – Uniform/Apparel Form

- This form will be available at registration if we don’t get it up on the website soon enough.
- This apparel is in addition to the mandatory PAL uniform and is completely optional. Any additional apparel purchased will require a second check made payable to “Red Brick Clothing Co.”.

The image shows a 'Nashua P.A.L. X-Country Team Apparel' form. It includes a header for 'Red Brick Clothing Co.' and 'Nashua P.A.L. X-Country Team Apparel'. There are fields for 'Name', 'Address', 'City', 'State', 'Zip', 'Phone', and 'Club'. Below this is a table with columns for 'Stock #', 'Description', 'Color', 'Size', 'Quantity', and 'Price'. The table lists various apparel items such as 'Men's Long Sleeve Tee', 'Women's Long Sleeve Tee', 'Men's Short Sleeve Tee', 'Women's Short Sleeve Tee', 'Men's Hooded Sweatshirt', 'Women's Hooded Sweatshirt', 'Men's Fleece Jacket', 'Women's Fleece Jacket', 'Men's Running Socks', 'Women's Running Socks', 'Men's Running Shoes', and 'Women's Running Shoes'. To the right of the table are images of the apparel items.

What to bring to Registration:

- Signed and completed PAL Parental Permission Form
- Signed and completed USATF Membership Form (if you are new)
- Copy** of Birth Certificate (if you are new)
- Check made payable to Nashua PAL for **\$60** (or reduced fee if applicable) for program fees **plus** any singlet and/or short purchase price.
- Signed and completed Uniform and Apparel Order Form with check made payable to Red Brick for any additional team apparel.

Please email Tom Cassetty NashuaPALJOCord@Gmail.com with any registration questions.