

# Junior Cyclocross Training Program



The Parks & Recreation Department is once again teaming up with the Northampton Cycling Club (NCC) to sponsor the spring Junior Cyclocross Training Program.

## What is Cyclocross?

Cyclocross is one of the country's fastest growing participation sports. It combines the skills and action of mountain biking with the speed and power of road cycling. Cyclocross is typically raced on a 1 to 2 mile loop consisting of grass, dirt trails, pavement, sand, mud, barriers, obstacles, tree roots and hills. Cyclocross races are usually held in the fall and winter in cool and cold weather, rain, snow, ice or sunshine. Anyone who can ride a bike can probably do Cyclocross!

**For:** Youth in Grades 2—8  
**Day & Date:** Mondays, April 22—May 20, 2019 (5 Sessions)  
**Time:** 5:30—6:45pm  
**Location:** Dow Pavilion, Look Memorial Park  
**Fee:** \$40 per child (Non-Residents add \$10)

## What do you need to join in?

- Bicycle (in good working order)
- Snug Fitting Helmet
- Full Water Bottle
- *Suggested:* Cycling shorts, sunglasses, and cycling gloves

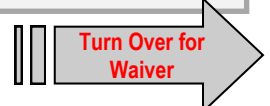
\*Look Park Season Pass required or pay daily Park entry fee.

\*We offer a Look Park/Northampton Parks & Rec Sports Only Pass. Available only in person at the Parks & Rec Dept for \$20

Northampton Parks & Recreation Department | 100A Bridge Rd, Florence | (413)587-1040  
[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation) | [www.nohobikeclub.org](http://www.nohobikeclub.org)

**ONLINE REGISTRATION  
NOW AVAILABLE**

**SEE REVERSE FOR WAIVER AND MORE DETAILS**



## Junior Cyclocross Training Program 2019

Child's Name [First & Last]	Gender	Date of Birth	Age	Grade	School
<b>PARENT/GUARDIAN</b>	<b>Parent 1/Guardian</b>		<b>Parent 2/Guardian</b> (complete if any field is different)		
First & Last Name					
Street Address					
City/Town & Zip Code					
Home Phone #					
Work Phone #					
Mobile Phone #					
Email Address					
Special Comments (allergies, requests, to be noted, etc.)					
Emergency Contact	Name:			Number:	

**Amount Enclosed:** \$ \_\_\_\_\_ Checks payable to "Northampton Parks & Recreation" **Charge my:** Visa MasterCard Discover

Name on card: \_\_\_\_\_ Card # \_\_\_\_\_

Expiration: \_\_\_\_\_ Signature of Card Holder \_\_\_\_\_

*For Office Use:* Total Paid \$ \_\_\_\_\_ Cash/Check/Charge RCVD By \_\_\_\_\_ Date \_\_\_\_\_ RecTrac Entered \_\_\_\_\_ Staff Initials \_\_\_\_\_



## Junior Cyclocross Training Program—information continued

### Who can participate?

This activity is open to anyone in grades 2 through 8 who have a bike and like to ride it. Depending upon registration numbers, we will likely split this group into smaller groups depending upon ability so that each group will get ability-specific training.

### Who will be running the program?

The training program will be run by longtime NCC members and racers who have raced in hundreds of cyclocross races in New England in the last few years. In addition, we are lucky that a handful of professional cyclocross racers live locally and may stop by on occasion to help out and offer advice.

### What do you get?

You will receive a team shirt (included with your registration fee). In addition to the cycling skills you will learn, expect to make new friends, get in really good shape, have a ton of fun and perhaps get so stoked about cyclocross that you might want to race this fall as part of the NCC Junior Cyclocross Team!



### Inclement Weather

If the weather is questionable then please contact the Parks & Recreation Department's cancellation hotline at 587-1044 or check our website at [www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation) & click on cancellations/changes information.

### **Northampton Parks & Recreation Recreational and Volunteers Activities Release Form**

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton. I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: \_\_\_\_\_

Date: \_\_\_\_\_