

# INAUGURAL SEMINOLE HIGH SCHOOL SPIRIT 5K RUN/WALK

Sponsored by Randall C. Brown, DMD

To Benefit the Sanford Seminole High School Academic and Athletic Booster Club, Inc.

**Date and Time**

Saturday, May 11, 2013  
 6:00 am: Registration/Packet Pickup  
 7:30 am: 5K Start (3.1 miles)  
 8:30 am: Kids Fun Run (Free)  
 9:00 am: Award Ceremony



**Questions**

[nick\\_pavgouzas@scps.k12.fl.us](mailto:nick_pavgouzas@scps.k12.fl.us)

**About the Race**

The race will begin and end on the track of Seminole High Schools football stadium; the course runs through the campuses of Seminole High School and Millennium Middle School. Come out and see our newly renovated campus and help us celebrate the schools 110<sup>th</sup> anniversary!

**Location, Directions & Parking**

Seminole High School – Football Stadium  
 2701 Ridgewood Avenue  
 Sanford, FL 32773

Seminole High School is easily accessible from both I-4 and SR-417, making it an easy drive from Orlando.

Parking is available in several lots on campus. There will be signage and personnel to direct you.

**Packet Pick-Up**

Pick-up race number, T-Shirt, and packet during both lunches on Friday, May 10. Packets will also be available Race Day at the Seminole High Football Stadium from 6:00am - 7:00am.

**Seminole High School Alumni**

Show the spirit of your class by telling us the year you graduated! The class with the most attendees will win the Alumni Spirit Award!

**Volunteer**

If you are unable to run, please volunteer.

**Entry Fee**

Current Seminole High School Student or Teacher - \$15  
 Kids Fun Run: Free

**Registration**

Use this form only. Return completed form and cash or check to:

Mr. Pavgouzas - Renegade-221  
 Or place in Mr. Pavgouzas' mailbox in front office

Make checks payable to: **SHS Booster Club**

**Individual Awards**

**Top Ten Male and Females will receive awards.** This is an un-timed, un-scored run. Be sure to look at the finish line clock for your time.

**T-shirts**

The first 300 entrants are guaranteed a cotton unisex t-shirt.

**Beneficiary**

The Sanford Seminole Academic and Athletic Booster Club is a 501c3 Organization dedicated to enabling our students to succeed in becoming Champions in the Arts, Academics and Athletics.

**Restrictions: For safety reasons, bicycles, in-line skates, skateboards, and dogs will not be allowed in the race. The use of headphones is discouraged. Runners and walkers with baby joggers or strollers must start at the back of the corral and are asked to maintain a 12 minute per mile pace or slower.**

Last Name	First Name	MI	Male	Female	OFFICIAL USE ONLY
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Street Address			Date of Birth		Age (on Race Day)
<input type="text"/>			<input type="text"/>		<input type="text"/>
City	State	Zip Code	Email Address		Seminole High School Class of:
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		<input type="text"/>
Home Phone	Cell Phone	T-shirt Size		Return completed form to:	
<input type="text"/>	<input type="text"/>	S M L X XX		Mr. Pavgouzas - Renegade-221	
I'd like to make an additional contribution to The SHS Booster Club in the amount of \$_____.		Total Amount Enclosed \$_____		Method of Payment	
				Cash <input type="checkbox"/> Check <input type="checkbox"/>	

**Make checks payable to: SHS Booster Club**

**WAIVER and RELEASE:** In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, and my executors, assume any and all risk of personal injury or property damage which I may suffer, incur or cause and waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against The Sanford Seminole Academic and Athletic Booster Club, Strider Events, LLC, Seminole High School, the Seminole County School Board and It's Board of Trustees and any of the sponsors in the event which I am entering, any subsidiary or political division thereof, and their respective officers, agents, directors, representatives, successors, assigns, and sponsors (collectively, "Releasees") for any and all damages or injuries which may be sustained and suffered by me in connection with my association with, entry or participation in The Inaugural Seminole High School Spirit 5k Run/Walk events as mentioned above. If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for these actions. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I agree to indemnify and hold Releasees free and harmless of and from any and all losses, liabilities, damages, costs, including attorneys' fees, incurred by me or caused by my participation in the event, including without limitation any loss or injury sustained as a result of any negligent act or omission by such parties. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of me, along with my name, for any purpose in all media now existing or hereafter created, including but not limited to the Internet. Bicycles, wheelchairs, dogs, inline/roller skates, skateboards, are prohibited. **I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.**

**MINORS UNDER THE AGE OF 18:**  
 READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF, THE SANFORD SEMINOLE HIGH SCHOOL ACADEMIC AND ATHLETIC BOOSTER CLUB, INC, STRIDER EVENTS, LLC, SEMINOLE HIGH SCHOOL, THE SEMINOLE COUNTY SCHOOL BOARD AND IT'S BOARD OF TRUSTEES EMPLOYEES AND AGENTS (COLLECTIVELY, "RELEASEES") USE REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM RELEASEES IN A LAWSUIT FOR ANY PERSONAL INJURY, INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY.

(Parent or Guardian signature required if under 18)

Signature Required \_\_\_\_\_ Date \_\_\_\_\_

Incomplete or unsigned entry forms will not be accepted.