

# Seminole State College 5K: campus form

## Date & Time

Sunday, March 28, 2010  
 8:00 am 5k Run/Walk (3.1 miles)  
 Free Kids Run 9:00 am  
 Awards Ceremony following Kids Run

## Location:

Seminole State College (Sanford/Lake Mary Campus)  
 100 Weldon Blvd.  
 Sanford, FL 32773

## Registration: Students/Faculty/Staff

Online Registration is NOT available for College discount.

Walk in completed entry form to:  
 Seminole State College Athletic Dept  
 Building H Room 101 at the Sanford/Lake Mary Campus.

## Make all checks payable to:

### Allied Race Management

## Entry Fees: Students, faculty, and staff of Seminole State College only.

(all entry fees are non-refundable/ non-transferable)

Through March 20th: \$15

March 21 - March 27: \$25

Day of Race: \$30 (cash or check only)

Day of Registration opens 7:00 am

**FREE Kids Fun Run** for all children. Register day of race. Online registration not available for kids run.

## Tech T-Shirts

**The first 400 pre-registered** participants are guaranteed a moisture-wicking tech t-shirt. Shirt sizes not guaranteed for day of race registration.

## Packet Pick-Up

Pre race pick up of race number and t-shirt is available at Front Running Sports Thursday, March 25 through Friday, March 26 from 10 am to 7 pm. Also Saturday, March 27, 10 am to 5 pm. Packets will be available on race day from 7:00 am to 8:00 am at the race site. **ALL TIMING CHIPS WILL BE DISTRIBUTED DAY OF RACE.**

## 5k Awards - RFID Chip Timed and Scored

Awards are given in the overall and age group categories. Overall awards are given to overall male and female and overall masters male and female. Age-group awards are given 3-deep to each male and female in the following categories: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. Only participants who wear the designated timing chips are included in the race results.

## Beneficiary

Proceeds from this event will benefit Seminole State College athletic scholarships.

## Restrictions

For safety reasons, baby-joggers/strollers, in-line skates, skateboards, and dogs will not be allowed on the race course.

[www.FrontRunningSports.com](http://www.FrontRunningSports.com)

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 March 21 - March 27: \$25  
 Day of Race: \$30 (cash or check only)

OFFICIAL USE ONLY

Last Name <input style="width: 100%; height: 20px;" type="text"/>	First Name <input style="width: 100%; height: 20px;" type="text"/>	Male <input style="width: 20px; height: 20px;" type="checkbox"/>	Female <input style="width: 20px; height: 20px;" type="checkbox"/>	
Address (street) <input style="width: 100%; height: 20px;" type="text"/>		Apt/Suite # <input style="width: 100%; height: 20px;" type="text"/>		Date of Birth <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>
City <input style="width: 100%; height: 20px;" type="text"/>		State <input style="width: 20px; height: 20px;" type="text"/>	Zip Code <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>	Age on Race Day <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>
Home Phone <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>		Day Phone <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>		Shirt Size <div style="border: 1px solid black; padding: 2px; display: flex; justify-content: space-around;"> <span>S</span> <span>M</span> <span>L</span> <span>XL</span> </div>
Method of Payment <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Charge <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard		Expiration Date <input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>		Amount Enclosed <div style="background-color: #cccccc; width: 100%; height: 20px;"></div>
City <input style="width: 100%; height: 20px;" type="text"/>		Email Address <input style="width: 100%; height: 20px;" type="text"/>		Take Completed Campus Entry to: Seminole State College Athletic Department Building H Room 101

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.** By indicating your acceptance, you understand, agree, warrant and covenant as follows: As a condition of my entry being accepted I intend to be legally bound and do hereby for myself, my heirs, and executors, waive and release all rights and claims for damages which may hereafter occur to me against Front Running Sports, Inc., Allied Race Management, Inc., Seminole State College, the Cities of Sanford and Lake Mary, and their agents, representatives, successors, assignees, and sponsors from any and all claims or liability of any kind that may arise from my participation in the 2009 Seminole State College 5K, even though that liability may arise out of negligence or carelessness on the part of the releasees. If I should suffer injury or illness, I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest that I am physically fit and hereby grant full permission to any and all of the foregoing to use photographs, video tape, motion pictures, recordings, or any other record of this event, with my likeness for any purpose whatsoever. I also understand that by registering for this event I may receive notifications of future events via the contact information I am providing. I AM OF LEGAL AGE AND I HAVE READ AND UNDERSTAND THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature Required (if under 18, parent signature required)