

# Seminole State College 5K

## 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

For easy online registration visit,  
[www.FrontRunningSports.com](http://www.FrontRunningSports.com). Online  
registration open through **Friday March 26.**

Walk in or mail in completed entry  
form to Race Headquarters at:  
Front Running Sports  
3801 W. Lake Mary Blvd., Ste. 119  
Lake Mary, FL 32746 - Ph: 407-322-1211

**Make all checks payable to:  
Allied Race Management**

## Entry Fees:

*(all entry fees are non-refundable/ non-transferable)*  
Through March 20th: \$20  
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)

## Seminole State College 5K

Through March 20th: \$20  
March 21 - March 27: \$25  
Day of Race: \$30 (cash or check only)

OFFICIAL USE ONLY

|                          |  |                          |  |                          |                          |                          |  |   |  |
|--------------------------|--|--------------------------|--|--------------------------|--------------------------|--------------------------|--|---|--|
| Last Name                |  | First Name               |  | Male                     | Female                   |                          |  |   |  |
| <input type="text"/>     |  | <input type="text"/>     |  | <input type="checkbox"/> | <input type="checkbox"/> |                          |  |   |  |
| Address (street)         |  |                          |  | Apt/Suite #              |                          | Date of Birth            |  | Age on Race Day   |  |
| <input type="text"/>     |  |                          |  | <input type="text"/>     |                          | <input type="text"/>     |  | <input type="text"/>  |  |
| City                     |  |                          |  | State                    |                          | Zip Code                 |  | Email Address   |  |
| <input type="text"/>     |  |                          |  | <input type="text"/>     |                          | <input type="text"/>     |  | <input type="text"/>  |  |
| Home Phone               |  | Day Phone                |  | Shirt Size               |                          |                          |  |   |  |
| <input type="text"/>     |  | <input type="text"/>     |  | <input type="text"/>     |                          | <input type="text"/>     |  |   |  |
| Method of Payment        |  | Cash                     |  | Check                    |                          | Charge                   |  | Amount Enclosed   |  |
| <input type="checkbox"/> |  | <input type="checkbox"/> |  | <input type="checkbox"/> |                          | <input type="checkbox"/> |  | <input type="text"/>  |  |
|                          |  | ____ Visa                |  | ____ Mastercard          |                          | Expiration Date          |  | Mail completed entry form to:<br>Front Running Sports<br>3801 W. Lake Mary Blvd., Ste. 119<br>Lake Mary, FL 32746 |  |
| <input type="text"/>     |  | <input type="text"/>     |  | <input type="text"/>     |                          | <input type="text"/>     |  |   |  |
|                          |  | Month                    |  | Year                     |                          |                          |  |   |  |

**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 on any and all claims or liability of any kind that may arise from my participation in the 2010 Seminole State College 5K, even though that liability may arise out of negligence or carelessness on the part of the releaseses. 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)**