

5K Race ♦ March 21, 2010

Location & Time

FLEC - 1275 Learning Loop,
Longwood, FL 32779
Participants will not be able to enter through main gates on race day. Parking is accessible in overflow lots through FLEC exits. Check-in Registration begins at 8 am and concludes at 8:30 am.



5K Run/Walk

Third-Eighth Grade, Staff, Community Runners
Course: Race starts at FLEC to Sand Lake Rd., go West on Sand Lake Rd. to Hunt Club Blvd. and back to school.

Fun Run

Pre-K-Second Grade Runners
Course: Two laps around school track.

Beneficiary

Race proceeds go directly to the Worthy Student Fund. Funds raised help take away financial barriers from families who wish to be in a Christian environment but can't afford it. It is in our schools that children are shown kindness and what it means to be like Christ. It is in our schools that children are taught to live for a purpose.

FLEC Student Goals

Each student is encouraged to find ten sponsors at ten dollars for a total of \$100 per student. Finding sponsors is not required or mandated for any student to walk/run or participate in the day's event.

Registration Information

The 5K & Fun Run is open to all runners, joggers, and walkers. Fill out the attached entry form and mail to the address below, or fax to Gimilyn at: 407/774-7723. Additional entry forms may be obtained online at www.myflec.com. Registration will also be held in the gym on race day.

Entry Fee

\$25.00 until March 12, 2010
\$30.00 after March 12, 2010
(no T-shirts will be guaranteed on day of race)
\$10.00 for non-FLEC students (does not include shirt)

Awards

All FLEC students who meet their \$100 sponsorship goal as well as all pre-registered entrants will receive a Run/Walk Commemorative T-shirt! The Top 3 Male/Female awards given per class and age-group runners on race day.

For More Information or to download more forms, please visit us on the web at: www.myflec.com.

Credit Card registrations may be faxed to 407.774.7723. Checks may be mailed to address below. Payments accepted race day.

FLEC – 11th Annual Miriam Kittrell 5K & Fun Run OFFICIAL ENTRY FORM (Mail-in Deadline: March 12, 2010)

Mail form and checks payable to:
Forest Lake Education Center, Attn. Business Office
1275 Learning Loop, Longwood, FL 32779

RUNNER'S FIRST NAME															RUNNER'S LAST NAME																								
AGE		SEX M F		T-SHIRT SIZE S M L XL			DATE OF ENTRY 1 0			AMOUNT PAID WITH THIS ENTRY \$			GRADE		HOMEROOM TEACHER																								
STREET ADDRESS OR BILLING ADDRESS FOR CREDIT CARD IF DIFFERENT																																							
CITY															STATE		ZIP CODE					TELEPHONE NUMBER																	
METHOD OF PAYMENT CASH CHECK CHARGE VISA MC										V CODE (3-DIGIT SECURITY CODE ON BACK OF CARD)										OFFICIAL USE ONLY																			
CREDIT CARD #															EXPIRATION DATE MONTH YEAR					SIGNATURE										AMOUNT TO CHARGE \$									
NAME AS APPEARS ON CARD																																							

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: fall, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Forest Lake Education Center, the Florida Conference of Seventh-day Adventist and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Please sign here (Parent must sign if participant is under 18 years of age)

Date Signed