

# Coach Mike Run for the Kids 5K

NET PROCEEDS BENEFIT THE LEON COUNTY SCHOOLS MIDDLE SCHOOL CROSS COUNTRY PROGRAM

**DATE:** Saturday, **August 7th, 2010** at 8:00 a.m.

**PLACE:** Start/Finish at Cobb Middle School (915 Hillcrest St) **INFO:** For information call Tolar Griffin 294-6456

**AWARDS:** Medallions for the Top 115 Finishers **Special Awards:** for 1<sup>st</sup> Place and Awards for each (One award per participant)

- Male & Female Runner(Overall)
- Male & Female Middle School Student (Grades 6-8 in 2010-2011)

**FEE:** \$12 by Thursday, August 5th or \$15 on race day.  
Students in Grades 6-8 in 2010-2011 race for free. \$2 discount for pre-registered GWTC members

Checks payable to: Coach Mike's Run for the Kids 5K

**ENTRY:** Mail to: **Coach Mike's Run for the Kids 5K**  
**2511 Golden Pheasant Drive Tallahassee, FL 32311**



**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

**STREET:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**SEX:** Male / Female **AGE ON RACE DAY** \_\_\_\_\_

**WAIVER:** In consideration of your acceptance of my entry as a participant in the 2010 Coach Mike Run for the Kids 5K Run for Scholarship, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against Coach Mike's Run for the Kids 5K, Leon County Schools, its officers and directors, members or representatives and all volunteers and others promoting or assisting in anyway the promotion or organization of Coach Mike's 5K, which may arise from my participation in the these races on August 7, 2010 or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. I have read and understand everything written above and I voluntarily sign this agreement.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_  
Signature of Parent/Legal Guardian (if participant is under 18 years of age)