

1ST ANNUAL TROJAN PRIDE 5K RUN & 1 MILE FUN RUN/WALK

SPONSORED BY LINCOLN HIGH SCHOOL ATHLETICS

Saturday, August 14, 2010

5K starts at 8:00 AM & 1 Mile Fun Run/Walk starts at 9:00 AM

Course: All races will start at Tom Brown Park and finish at the Jimmy Everett Track on the campus of Lincoln HS

Awards: Award ceremony will be held at the Jimmy Everett Track at the conclusion of the 1 Mile Fun Run/Walk.

5K Run: Top three women and men overall, plus women's and men's masters winners, and women's and men's grand masters winners, and the top three overall men and women within each of the five year age groups starting with age group 9 & under.

Fastest Lincoln Student Runner – Male and Female Overall

Fastest Lincoln Alumnus Runner – Male and Female Overall

Fastest Lincoln Administrator/Teacher – Male and Female Overall

One Mile Fun Run/Walk: Top three women and men overall plus goodie bags to all finishers 14 & under.

Entry Fees:

Pre-registration (postmarked by August 9, 2010)

5K with T-shirt - \$15.00, No T-shirt - \$10.00

1 Mile with T-shirt - \$10.00, No T-shirt - \$6.00

Registration Day

5K with T-shirt - \$18.00; No T-shirt - \$13.00

1 Mile with T-shirt - \$13.00, No T-shirt - \$8.00

For more information, please contact Tanise Jackson at tjackson212@comcast.net or Paul O'Halloran 921-2516 Ext. 1192 at Lincoln High School

TROJAN PRIDE 5K RUN & 1 MILE FUN RUN/WALK REGISTRATION FORM

Name _____ Female _____ Male _____ Age _____ (On 8/14/2010) _____
Address _____ City _____ State _____ Zip _____
Phone _____ E-mail _____
Are you a student enrolled at LHS for the 2010/2011 school year? Yes _____ No _____
Are you a LHS Alumnus? Yes _____ No _____ Class Year _____
Are you a LHS Administrator/Teacher? Yes _____ No _____
Entrant Fee Total: \$ _____ T-Shirt Size (circle one): S M L XL XXL

****Make checks payable to Lincoln High School Athletics and mail with payment to:
Trojan Pride 5K Run Lincoln High School, 3838 Trojan Trail, Tallahassee, Florida 32311**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, and traffic and the conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Lincoln High School and any other persons or entities associated with this event, including race officials, volunteers and all sponsors and their agents, employees, assigns, or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. The Release and Waiver extends to all claims of every kind and nature whatsoever, foreseen, known or unknown. The undersigned grants full permission to Lincoln High School and Gulf Winds Track Club and /or agents authorized by them to use any photograph, videotapes, motion picture or any other record of this event for any legitimate purpose.

SIGNATURE OF ENTRANT OR PARENT OR LEGAL GUARDIAN IF UNDER 18 YEARS OF AGE DATE

Lincoln High School • 3838 Trojan Trail • Tallahassee, Florida • 32311 • 850-487-2110