

2ND ANNUAL TROJAN PRIDE 5K RUN/WALK

SPONSORED BY LINCOLN HIGH SCHOOL ATHLETICS

Saturday, September 3, 2011

5K starts at 8:00 AM

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

Registration will be Pavilion #13 in Tom Brown Park. You may want to park your car in the back parking lot of Lincoln High School and walk to the start.

Awards: Award ceremony will be held at the Lincoln Jimmy Everett Track.

Top three women and men overall, women's and men's masters winners (40 & above), and the top three overall men and women within each of the five year age groups starting with age group 9 & under.

Special Awards

Fastest Lincoln Student Runners – Top two men and women

Fastest Lincoln Alumnus Runners – Top two men and women

Fastest Lincoln Administrators/Teachers – Top two men and women

Entry Fees: *(Net proceeds benefit all Lincoln High School athletic programs)*

Pre-registration (postmarked by September 2, 2011)

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

(T-shirt size not guaranteed on day of race)

Registration Day

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

(T-shirt size not guaranteed on day of race)

For more information, please contact Tanise Jackson at tljackson212@gmail.com or Lincoln High School at 487-2110

TROJAN PRIDE 5K RUN REGISTRATION FORM

Name _____ Female _____ Male _____ Age _____ (On 9/3/2011) _____
Address _____ City _____ State _____ Zip _____
Phone _____ E-mail _____

Entrant Fee Total: \$ _____ T-Shirt Size (circle one): S M L XL XXL No T-shirt

****Make checks payable to Lincoln High School Athletics and mail with payment to:**

Trojan Pride 5K Run c/o Tanise Jackson, 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