



Schools Stomping Out Type II Diabetes

February 25, 2012

5K and 1 Mile Fun Run/Walk

5K: 8:30AM

1 Mile: 9:30AM



Tallahassee Memorial
HealthCare

LOCATION: Tom Brown Park, Pavilion 13, between the playground and dog park

RACE NUMBER PICKUP: Friday, 4-6PM, Tom Brown Park, Pavilion 13; Race Morning 7-8:15 AM

COURSE: Loop course through Tom Brown Park on canopied asphalt roads and hard packed dirt trails.

MORE INFORMATION: Seeley Gutierrez, 850-264-1538, seel76@aol.com

AWARDS: 5K Overall Male & Female, Age Group Winners; 1 Mile: Overall Male & Female

RUNNER INFORMATION

Runner's last name:	First:	Birth date: / /	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
Street address:		Phone number: ()		
City:	State:	Zip Code:	Email:	
Shirt (check one): <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large				

RACE REGISTRATION (AVAILABLE ONLINE AT: RACEIT.COM)

(Preregistration strongly encouraged!)

5K Registration	Before 2/22 \$12	After 2/23 \$15	No T-shirt \$10
1 Mile Fun Run	Before 2/22 \$10	After 2/23 \$12	No T-shirt \$8

*Mail- in registrations must be postmarked by 2/22.

Total Enclosed: \$ _____

Please make checks payable to Foundation for Leon County Schools and mail to:

Seeley Gutierrez
1160 Alachua Ave
Tallahassee, FL 32308

PARTICIPATION WAIVER

WAIVER: In consideration of your acceptance of my entry as a participant in the Schools Stomping Out Type II Diabetes Race, I, 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 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 Schools Stomping Out Type II Diabetes Race, which may arise from my participation in the these races on February 25, 2012 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 or legal guardian if under 18 years of age.