2nd Annual Lyman H.S. Athletic Boosters "Run With the 'Hounds 5K"

Run or Walk "For your Heart or Theirs" on Valentine's Day

Sponsored in part by the City of Longwood

Race Information
Date: Saturday – February 14th, 2009
Times: 8:00am - 5K (3.1 miles)
Course: Website address for viewing:
http://www.gmap-pedometer.com/?r=2475476

***Entry Fee* – Nonrefundable**
Pre-registration - *$20.00* on or before 2/11/2009
Day of Race - *$25.00*
Cash / Check or Money Order
Make checks payable to: *LHS Athletic Boosters*
There is no online registration for this event.

Registration
Mail or deliver your entry form to Lyman High School at 865 Ronald Reagan Blvd, Longwood, Fl, 32750 for pre-registration. Registration will also be available the day of the race. If mailing, be sure to allow delivery time.

Beneficiary
All proceeds from this event will support the athletic teams and facilities at Lyman High School.

Restrictions
For safety reasons, baby joggers/strollers, in-line skates, skateboards, bicycles and dogs will not be allowed in the race. You may walk, jog or run.

Race Shirts
****All registrations received by the end of the day – Wednesday, February 11th will receive a commemorative race t-shirt.****

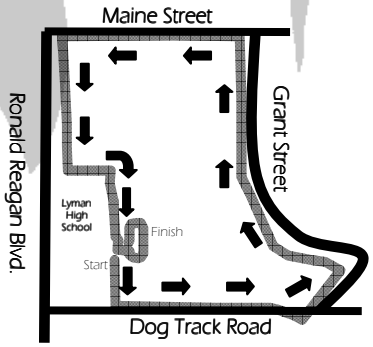
Awards
Top 10 male and top 10 female participants in the 5K will receive awards. No other times will be recorded. The 5K is designed as a non-competitive, non-scored, fun, school and community event. Be sure to look at the finish line stadium clock when you complete the race distance.

The top male and female wheelchair finishers will also receive awards***********

Packet Pick-Up
Race numbers, shirts, and information will be available at the Lyman H.S. stadium's north concession stand on race day beginning at 6:30am.

Location and Parking
Parking is available in Lyman H.S. lots near the stadium.

For further information call 407-493-2670



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Lyman High School Athletic Boosters 5K Entrant Information

Last Name First Name MI

Address

Apt. #/Suite City State Zip Code

Date of Birth Age Sex Home Phone / Contact Number

☐ M ☐ F

Email Address

Payment Method Shirt Size

☐ Cash ☐ Check ☐ Money Order S ☐ M ☐ L ☐ XL ☐ XXL ☐

Lyman High School Athletic Boosters 5K Sponsorship or Donation Only:

☐ $25 ☐ $50 ☐ $75 ☐ $100

LHS Student Name:_____ Sport: _____ Activity:_____

Incomplete or unsigned entry forms will not be accepted. In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against Lyman High School / Seminole County Public Schools, and their sponsors for the event which I am entering. If I should suffer any injury or illness in association with participation in the event, I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest that I am physically fit and have sufficiently trained for this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. **I have read the above release and understand that I am entering this event at my own risk.**

Signature (if under 18, parent signature is required.) *Parent Signature (for minor)*