



Saturday, April 6, 2019

LOCATION

South Seminole Middle School
101 S. Winter Park Drive
Casselberry, Florida 32707



PACKET PICK UP

Please check Healthy Seminole Facebook Page or RunSignUp website for information on packet pick up (race bib, shirt).

RACE TIME TABLE

6:30 a.m. Late Registration & Packet Pick Up
7:30 a.m. 5K Race Start
8:30 a.m. Kid's Dash
9:00 a.m. Awards and Presentations

RACE SWAG

Participants will receive race bags during packet pick up, including promotional items and a t-shirt. Shirt sizes are not guaranteed on race day registration. Register now to secure your shirt size.

RACE ENTRY FEES

\$20 Early Registration January 1-31, 2019
\$25 Registration: February 1- April 5, 2019
\$30 Event Day Registration: April 6, 2019

SPONSORSHIPS & VENDORS

Opportunities for sponsorships and vendor tables are available. Please contact Pernell Bush or Venise White:
pbush@nolimitempowerment.org
venise.white@flhealth.gov

HEALTHY KIDS 100 METER DASH

Youth ages 5-11 can participant in a free 100-meter dash. Prizes will be awarded to all participants.

FOR MORE INFORMATION

Please call (407) 665-3008 or (407) 665-3109.

Facebook: Healthy Seminole Race Site: RunSignUp.com

AWARDS

A finish is a win! All participants who finish the 5K race will receive a medal.

TEAM _____

CHOOSE ONLY ONE EVENT: 5K KIDS DASH

Full Name _____

Email (must provide) _____

Address _____

Apt./# / Suit _____

Male Female

City _____

State _____

Zip Code _____

Phone _____

Choose adult shirt size: XS S M L XL XXL XXXL(Add \$2)

Date of Birth _____

Payment: Make checks payable to No Limit Health and Education, Inc.

HOLD HARMLESS AND INDEMNIFICATION AGREEMENT

In consideration of my registration for the Live, Work, Move Seminole 5K, the participant, intending to be legally bound for themselves and their heirs, executors and administrators, covenants and agrees to Indemnify and Hold Harmless, thereby I waive or release any and all right and claims for damages or injuries that I may have against RunSignUp.com, City of Casselberry and all of their elected and appointed officials and No Limit Health and Education, Inc., and all of their staff, agents, vendors and volunteers assisting with the event, sponsors and their representatives and employees (hereinafter referred to as 'Host and Sponsors') as for any and all injuries to me or my personal property. This release assigns from and against any and all suits and actions including attorney fees and all costs of litigation and judgments, claims for damages or injuries, including death, to persons or property of whatever kind or character, whether real, personal or mixed, asserted or occurring during or after the event from every name and description arising out of or incidental to the Live, Work, Move Seminole 5K event and activities at the City of Casselberry, Florida, whether or not due to or caused by the negligence of the Host and Sponsors. This provision shall also pertain to any claims against the Host and Sponsors by my heirs, executors, administrators, or assignees.

I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By signing this form, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

Signature of Race Participant _____

Parent/Guardian Signature, if Race Participant is under 18 _____

Date _____

Office Only: Entered Date
1.18.2019