



5K & FUN RUN/ DAPHNE HIGH SCHOOL REGISTRATION FORM
SATURDAY, MARCH 7, 2020- 8AM 5K/9AM Fun Run
SPIRIT POINTS for Grade Level with most Registrations

Registration: Pre-register at Daphne High School or on active.com until 2/14/2020. Race day registration will also be available from 7-7:45 AM.

Participants who sign up for the 5K (\$20) may also participate in the Fun Run @ no extra charge. Race registrations received after 2/14/2020 will NOT count towards competition. Race Packets will be delivered to schools for delivery, March 4, 2020. T-shirt is not guaranteed with late sign up.

Entry fees: Includes SEEDS 5K T-Shirt and Post Race Activities.

Pre-registration

5K Adults/Children - \$20
 Fun Run Adults/Children- \$16

Day of Race

5K Adults/Children \$25
 Fun Run Adults/Children - \$18

Benefits: Supporting Educational Enrichment in Daphne Schools (SEEDS) in providing educational enrichment opportunities for students who attend Daphne Schools. Contact: Beth Dunn, 251-802-5002 or seedsindaphne@gmail.com.

Location: Daphne, AL City Hall – **Distance:** Certified 5K course. Fun Run course is approximately 1 mile.

Indicate which race you are registering for either the 5K or Fun Run. Family members who register count towards class competition. Please add additional race registrants on back if needed.

Last Name: _____ First Name: _____ 5K or Fun Run ___ Age: ___ Gender: ___

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Address: _____ City, State & Zip: _____ E-mail address: _____

T-Shirt Order- Indicate the number of each size desired:

Youth sizes: ___S ___M ___L Adult Sizes: ___S ___M ___L ___XL ___XXL

Total number registering for 5K (3.1) ___ (X\$20)

Total number registering for Fun Run only (1mi) ___ (x\$16)

Total \$ Enclosed: _____ (Cash or Check please make checks payable to SEEDS)

Teachers' Name/GRADE : _____ School Name: _____ Additional Donation to SEEDS: \$ _____

*I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat &/or humidity, traffic, & conditions of the road, all such risks being known & appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals & radio headsets are not allowed in the race & I will abide by these guidelines. Having read this waiver & knowing these facts & in consideration of your accepting my entry, I, for myself & anyone entitled to act on my behalf, waive & release **SEEDS**, LRH Productions, the City of Daphne, all sponsors, their representatives & successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.*

Signature of Participant: _____ Date: _____

(Parent or guardian must sign for participants under 19)