



“Sammy’s Run”
Saturday, May 29, 2010
Oak Park School
7285 Proctor Road
Sarasota, FL 34241



Oak Park School

Event Information:

- **1 Mile Fun Run/Walk at 7:15 am** (wheelchairs and strollers welcome);
- **USATF-Certified 5K Run @ 7:45 am**
- **“Kids Dashes”** by Ability Levels – wheelchair, walkers, special assistance: @ ~8:30-9:00 am
- Packet Pick-Up at Oak Park School May 26-28 from 10:00 am to 3:00 pm; May 28 5-7pm also
- Race Day Registration and Shirt Pick-Up begins at 6:30 am at the Oak Park School
- Scenic road run through wooded areas and neighborhoods; fabulous food, beverages, and awards.
- Fabulous “Prize Donation” Drawings at the Event!
- Sorry, no refunds – This is a fundraiser. Sizes guaranteed to pre-registers only. No-Shows forfeit shirts.

Awards:

- 5K Awards: Overall, Masters, Grand Masters, Senior Masters; Veteran Masters; Male/Female Age Group – 6 Deep
- 1 Mile Awards: Ribbons to all Finishers – **Wheel chairs, baby joggers, strollers are permitted.**
- Team Awards: Largest School Team; Largest Corporate Team; Most Spirited Team
- Awards not picked up at the race will be forfeited

Registration: 5K Run and 1 Mile Fun Run/Walk and “Kids Dash” entries **received by May 19:**

- MTC Members - \$15.00; Non-MTC Members - \$20.00
- Youth (18 & under) - \$10.00
- Family (up to 2 adults & 4 youth) - \$50.00
- Registration at Fleet Feet Sports and New Balance Sarasota through May 22nd
- Race Week & Race Day Registration - \$25.00 (**not guaranteed a t-shirt**)

Send entry form and make check payable to:

“Sammy’s Run-PMSF”, P.O.Box 1016 Venice, FL 34284. Or Register at www.active.com

Name: _____ Age: _____ Phone: _____
 Street: _____ Email: _____
 City: _____ State: _____ Zip: _____
 MTC Member: Yes ___ No ___ 5K ___ 1 Mile ___ Kids Dash ___ Male ___ Female ___
 Participating on a Team? If yes, Team Name: _____

5K Performance Shirts: Mens Size - S ___ M ___ L ___ XL ___ XXL ___
 Womens Size - S ___ M ___ L ___ XL ___ XXL ___
 1 Mile T-Shirts: S ___ M ___ L ___ XL ___ XXL ___ Youth Size - S ___ M ___ L ___

I know that running is a potentially hazardous activity. I should not participate unless I’m medically able & properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic conditions of the road, all such risks being known and appreciated by me. By signing this form, I agree that for safety reasons, strollers, baby joggers, bicycles, skates, and animals are not permitted in the 5K race. Having read this waiver and knowing these facts and considerations of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive & release the Manasota Track Club of America, its officers & agents, the county of Sarasota, all sponsors, their representatives & successors, including the Road Runners Club of America, its officers & directors, agents & employees, and Oak Park School, 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: _____ Date: _____
 (Parent or Guardian if under 18 years old)

Race Contact Information: Rich/Sue Lomas @ 941-412-8762 or sammysrun@aol.com