

**Waiver of Liability
(mandatory)**

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act on my behalf, release and discharge the Cleveland County Schools, Crest Middle School, Crest High School, Springmore Elementary School, plus sponsors, vendors, promoters, managers, directors, officials, agents, employees, and volunteers of this event from any and all claims of injury or liabilities of any kind, illness or damages suffered by me as a result of my participation in or traveling to or from this event. I know that this is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by the decisions of a race official relative to my ability to safely compete in the activity.

I assume all risk associated with taking part in this event, including but not limited to falls, contact with other participants, the effect of weather (including high heat and humidity) conditions on the course, all risk being known and appreciated by me. I realize this is a strenuous event which requires proper physical condition and good health. I also give permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

Signature (guardian if under 18)

Date: _____

**Race timed by Lee
Timing!**

**Crest Middle School
315 Beaver Dam Church Road
Shelby, NC 28152
704-482-0343**



Crest Middle School

**315 Beaver Dam Church Road
Shelby, NC 28152**

Event Contact Information:

Brian Soash, Event Coordinator
Phone: 704-482-0343

Email: besoash@clevelandcountyschools.org
www.clevelandcountyschools.org/schools/cms/index.php



**Strides For Seth
5k
Fun Run/Walk**

**Saturday
March 3rd, 2012, 9:30 AM
@ 8am**

**VISIT US ON THE WEB at
<http://www.clevelandcountyschools.org/schools/cms/index.php>**

**Find us and register online at
[leetiming.com!](http://leetiming.com)
*Race timed by Lee Timing!***

Thank You to our Sponsors:



- Cleveland County Sheriff's Department
- Bradley's Screen Printing
- Italian Garden in Boiling Springs
- Hamrick O'Shields Equipemnt
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Strides For Seth @ Crest Middle School — March 3rd, 9:30 AM, 2012

5k RUN: 3.1 mile>> a mix of trail and pavement through the campuses of Crest Middle School and Crest High School. Race will start at 9:30 AM at Crest Middle School.

1 mile Kids Fun Run>> a mix of trail and pavement as well for ages 10 and under only. 1 mile run will start at the conclusion of the 5k, at approximately 10:30 AM at Crest Middle School. All runners to finish the fun run will receive their own medal.



Race Date: Saturday, March 3rd, 2012

Race Time: 5k — 9:30 am start @ CMS
1 mile kid's fun run —10:30 am @ CMS

Open To: 5k open to all ages
1 mile kid's fun run to ages 10 and under

Divisions: Age groups based off of 10 year age groups

Awards: Top Finishers in each Age Group for Male & Female
Top Male, Female,
Certificates for all kids fun run finishers

Awards given out at the conclusion of the 5k



Strides For Seth:



Seth was diagnosed with osteosarcoma (cancerous bone tumor) June of 2010. His first surgery was September 2010 at Levine's Children's Hospital. After the surgery, he had several rounds of chemo. He bravely returned back to Crest Middle School April 2011.

Seth started school this school year and was doing well. His hair was growing back, and he was even voted student body president. It was during a normal check up appointment that the cancer in his right lung was discovered in November.

His parents have mounting medical bills that this race will hopefully help offset. We hope you will come out and support Strides for Seth. Even if you are not a runner, there are many other opportunities.

*Online registration available at Leetiming.com

Race Packets

May be picked up day of at Crest Middle School starting

Entry Fees(Check One):

- 5k Pre-register without a shirt—\$15
- 5k Pre-register with a shirt—\$20
- 5k Pre-register K-12 Student rate without a shirt—\$10
- 5k Pre-register K-12 Student rate with a shirt—\$15
- 1 mile Pre-register Kids Fun Run—\$10
- 1 mile Kids Fun Run Race Day registration—\$15
- 5k Race Day registration (regardless of age) - \$25
- Phantom Runner (Would like to donate to the cause, but don't want to run, a shirt, or can not make it) - \$10

Race Information:

- >Race Start at Crest Middle School (Parking available at both schools)
- >Race Day registration available, up to 9:10 AM
- >T-shirt guaranteed for all pre-registering (adult sizes)
- >Race day registered people, shirts on a first come, first serve basis while supplies last.
- >Mix of trail and road course
- >All proceeds go towards Seth and his family
- >Water station available, as well as post-race massages
- >Race will be timed by Lee Timing
- >Prizes to be raffled off after awards (must be present)

Strides For Seth Registration

Please check appropriate box below.

Age Group	Male	Female	Age (On race day)
<input type="checkbox"/> 9 and under 5k			
<input type="checkbox"/> 10-19 5k			
<input type="checkbox"/> 20-29 5k			
<input type="checkbox"/> 30-39 5k			
<input type="checkbox"/> 40-49 5k			
<input type="checkbox"/> 50-59 5k			
<input type="checkbox"/> 60-69 5k			
<input type="checkbox"/> 70-79 5k			
<input type="checkbox"/> 1 mile Kids Fun Run			
<input type="checkbox"/> Phantom Runner			

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone:(home) _____ (Race Day) _____

Email address: _____

Emergency Contact: _____

Emergency Phone Number: _____

Date of birth: _____ Age: _____

Parent/Guardian Signature(if<18): _____

Adult T-shirt size:(Guaranteed to pre-registrants)
_ _ S _ M _ L _ XL

Amount enclosed: _____

Name of all Participants if mailing in for multiple: _____

Make checks payable to Crest Middle School & mail forms to:

**Crest Middle School
315 Beaver Dam Church Road
Shelby, NC 28152
SORRY, NO REFUNDS.**