



2016 THIRD ANNUAL SEMINOLE COUNTY PAL 5K
AT SYLVAN LAKE PARK
SATURDAY JANUARY 16, 2016

Date and Time

Saturday, January 16, 2016 with a 8 a.m. start

Entry Fee

Entry fees are nonrefundable. Credit cards accepted during on-line registration. Cash or check only accepted on race day.

- December 1st through January 10th \$25
Race day \$30

All entries will receive a t-shirt. Shirts or sizes are not guaranteed on race day registration.

Packet Pick -Up

-Thursday and Friday January 14th and 15th from 10:00AM to 7:00 PM
Location: Front Running Sports
1061 South Sun Drive Unit 1097
Lake Mary, Florida 32746
-Race day beginning at 6:30 AM at Sylvan Lake Park

Registration

Register online thru January 15 at: www.seminolecountypal.org
Mail completed entry form:
Seminole County PAL
1151 E. 28th St
Sanford, Fl 32773

Event Description

Please allow us to personally invite you to join us for the Inaugural Seminole County Police Athletic League's 5K. Seminole County PAL is an organization that focuses on providing safe recreational activities for youth while building positive relationships between youth and law enforcement.

Proceeds to benefit The Seminole County Police Athletics' mission; "To provide fun, safe opportunities for kids to be kids and build positive relationships with law enforcement and our community."

Location

Sylvan Lake Park
845 Lake Markham Rd
Sanford, Fl 32771

Awards

The top three male and female overall winners.

Entry Fee: \$25
Race Day \$30

Email Address: _____

Last Name: _____ First Name: _____ Gender: _____

Address (Street): _____ Date of Birth ____ - ____ - ____

City: _____ State: _____ Zip: _____ Age (Race Date) _____

Phone: _____ Shirt Size [S] [M] [L] [XL]

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 and assigns, waive and release all rights and claims for damages which may hereafter accrue to me against Seminole County PAL, its subsidiaries and affiliates, officers, agents, directors, representatives, and sponsors, and the County of Seminole, Florida, as a result of my participation in the Seminole County Pal 5k for any and all damages or injuries which may be sustained or suffered by me even though such damage or injury may arise out of negligence on the part of any of the parties named above. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for these actions. I am physically fit and have sufficiently trained for the completion of this event. I grant full permission to any and all of the foregoing to use my photographs, videotapes, motion pictures, recordings, or any other record of this event for any purposes. Bicycles, baby strollers/joggers, dogs, inline/roller skates, headphones are prohibited. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.