

NICEVILLE HIGH SCHOOL EAGLE PRIDE “BAND ON THE RUN” 5K Run/Walk & FUN RUN



Sponsored by the Niceville High School Band

When: February 25, 2012 at 8:00 AM **Where:** Niceville High School, 800 E. John Sims Pkwy. Niceville, Fl.

Course: The course is fairly flat and fast starting between NHS and Ruckel Middle School before proceeding north on Cedar Ave, left on Evergreen before retracing the route back to NHS. Parking and race area will be between NHS and Ruckel Middle School.

FUN RUN: A one mile fun run/walk will start at approximately 8:45 AM in the NHS stadium. All ages may participate but awards will be presented for ages 0-13. This run/walk is great for those who wish to be part of the event but can't or don't want to complete the 5K.

Awards: Overall male/female, master male/female and grandmaster for the 5K Run. Awards will be presented to the top 3 in the following age groups: 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 +. **Walking** winners include: overall male/female, master male/female and the next top ten finishers.

Mile Awards: Overall boy/girl and top three in 0-6, 7-10 and 11-13.

Post Race: The awards presentation will be held in the school cafeteria. Rest rooms will be open for the race.

Entry Fees: Early registration through February 23, 2012. Day of race registration from 6:30-7:45 AM.

Early 5K runner/walker	\$15.00	Late and Race day 5K entry	\$20.00
Early Fun Run runner/walker	\$10.00	Late and Race day Fun Run entry	\$10.00
Student 5K runner/walker	\$10.00		

NWFTC Members will receive a \$2.00 discount.

T-shirt presented to the first 200 entries. Early registration improves chances of correct size.
You may register on line at www.nwftc.com/racecalendar.

For more information or questions about the race, please contact Dennis Samac at samacd@valp.net or visit the NHS website www.nicevillehighschool.org and follow the link.

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APPLICATION Make checks payable to: **Niceville High School Band**
Mail to: Dennis Samac 246 Grandview Ave. Valparaiso, FL 32580

Event: 5K Run____ 5K Walk____ Mile Fun Run____ Birthday ____/____/____

First Name _____ Last Name _____ Shirt Size S M L XL XXL

Address _____ Sex Male _____ Female _____ Age _____

I know competing in a 5K is a potential hazardous activity. I should not enter unless I'm medically able and properly trained. I agree to abide by any decisions of the race officials relative to my ability to safely compete in this event. I, the undersigned, release and forever discharge the city of Niceville, the Northwest Florida Track Club, Niceville High School and all agents, representatives and employees thereof, and their successors, from any and all claims and damage whatsoever which I, my heirs, their executors, and administrators have or may have against the city of Niceville, Niceville High School and the NWFTC, its agents, representatives or employees by reason of damage or injuries which may be incurred by myself while participating in the activities sponsored by the 5k/mile run.

Signature of Athlete (Parent or Guardian if minor) Date _____