

Spartan 5K Run/Walk

3rd Annual!

Date:	Saturday, March 17, 2012 (Rain or Shine)
Race Time:	Fun Run - 8:30am, 5k Run/Walk - 9:00am
Course:	Starting on the track at Valley Stream North High School, this flat course winds through the local streets around VS North HS and Willow Road Elementary School. School address is 750 Herman Avenue, Franklin Square, NY 11010.
Information : & Forms	www.VSCHSD.org, click on North High School link or email frazerm@vschsd.org.
Pre-Race Check-in: & T-shirt pick up	Friday, March 16 - Valley Stream North High School Gym Lobby, 3:30 - 6:30pm. T-shirts guaranteed to pre-registered runners only.
Race Day Check-in:	Valley Stream North High School Gymnasium, 7:00am - 8:40am.
Valley Stream Schools: Faculty Challenge	Special Awards Category for the top 3 male and the top 3 female faculty, staff and administration of any of the Valley Stream Schools!
Awards:	Top 3 male and top 3 female overall finishers. Medals also awarded to the top 3 males and the top 3 females in the age categories. All Fun Run Participants receive a certificate.
Age Categories:	15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.
Entry Fee:	<ul style="list-style-type: none"> •Early Bird Registration - \$15.00, BEFORE March 1, 2012 •Registration - \$20.00, March 1 - March 16th, 2012 •Day of Race Registration - \$25.00 •VS North Students - \$15.00 registration at any time Checks PAYABLE to Valley Stream North High School
Virtual Runner:	I can't be there, but I'm enclosing a donation!



Registration Form

Name	Age
Street Address	Phone #
Town	State Zip
Valley Stream Schools Employee (If yes, please list district and school)	Yes / No
T-shirt Size	S M L XL
T-shirts guaranteed for pre-registered participants ONLY. Please Register Early!	
Registering for (Please check one):	
5K Run	_____
Fun Run	_____
Donation	_____

In consideration of this entry being accepted, I hereby, for myself, heirs, executives and administrators, waive and release all claims and causes of action I have against Valley Stream North High, and any and all parties involved in the Spartan 5K Run/Walk, for injuries I may suffer, and for any other loss or liability connected with the event. I certify I am physically able to participate in the event.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of _____ Date _____

Amount Paid: _____
 Fun Run Donation: _____
 Additional Donation to MS: _____

Total enclosed: _____
 Make checks payable to "Valley Stream North"

**Return to: Valley Stream North HS
 Spartan 5K Run/Walk
 750 Herman Avenue
 Franklin Square, NY 11010**