



# LWHS BOYS XC 5K

## DEC 1, 2018

Come help support **Lake Wales High School Boys Cross Country** team as well as the Orange Blossom Revue Food & Music Festival along the shores of Lake Wailes! Register to run &/or be a sponsor! Race registration includes free parking and a ticket into the Orange Blossom Revue! Visit the website for details: [www.orangeblossomrevue.com](http://www.orangeblossomrevue.com)

**SATURDAY, DEC.1ST**

**9:00 A.M**

**PRE-REGISTER**

**ONLINE~\$30**

**HTTPS://RUNSIGNUP.COM/  
RACE/FL/LAKEWALES/2N  
DANNUALLWHSBOYSXC5K**

**RACE DAY**

**REGISTRATION~\$35**

**SPONSORSHIP  
OPPORTUNITIES  
AVAILABLE**

**CHIP TIMING  
RACE SHIRTS**

(GUARANTEED IF REGISTERED BY 11/17)

**AWARDS  
SPECTATOR FRIENDLY  
VOLUNTEERS NEEDED**

(CONTACT [KUPDIKES@AOL.COM](mailto:KUPDIKES@AOL.COM))

**LOCATION:**

**LAKE WAILES PARK**

33 N. Lake Shore Blvd  
Lake Wales, FL 33853

**LW HIGHLANDER  
CROSS COUNTRY**

LWHS Boys XC 5K Sponsorship & Racer Sign Up

The Lake Wales High School Boys Cross Country Team is soliciting your financial support to their program for their season. This team is a group of highly dedicated runners and Coach who put in countless hours of training to proudly represent their school. Your contribution will help support the team throughout the season by providing much needed funds towards equipment, uniforms and travel expenses for the season. Sponsorship levels are listed below with an outline of what is included. Please consider helping this hardworking group of athletes!

**Please mark sponsor category below:**

\_\_\_\_\_ **"Ultra-Marathoner"- \$1,000**

- ~Name/Company Name displayed on back of race shirt (large font)
- ~Name/Company Name displayed on race banner at the start/finish line
- ~2 Complimentary Dry-Fit Race Shirts\* (Indicate sizes below)
- ~Thank you from team

\_\_\_\_\_ **"Marathoner"- \$500**

- ~Name/Company Name displayed on back of race shirt (medium font)
- ~1 Complimentary Dry-Fit Race Shirt\* (Indicate size below)
- ~Thank you from team

\_\_\_\_\_ **"Half-Marathoner"- \$250**

- ~Name/Company Name displayed on back of race shirt (small font)
- ~Thank you from team

\_\_\_\_\_ **"10K"- \$50**

- ~Thank you from team

\_\_\_\_\_ **"Team Friend"- \$25**

- ~Dry-Fit Race T-Shirt\* purchase (Indicate size below)

**SPONSOR INFORMATION:**

FAMILY NAME/COMPANY NAME (to be printed): \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

PHONE #: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**RACE PARTICIPANT INFORMATION & SIGN WAIVER NEXT PAGE:**

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

PHONE #: \_\_\_\_\_

EMAIL: \_\_\_\_\_ AGE on 12/1/18 \_\_\_\_\_

\*SHIRT SIZE ADULT: XS( ) S( ) M( ) L( ) XL( ) XXL( ) \*Can only be guaranteed if registered by 11/17

**Please make checks payable to: Lake Wales Highschool Boys XC Team or (LWHS Boys XC Team)**

Mail Checks to: Christina Updike  
ATTN: LWHS XC Team  
3259 S. Scenic Hwy.  
Lake Wales, FL 33898



## RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT (“AGREEMENT”)

In consideration for the undersigned participation in activities of the Lake Wales High School Cross Country 5-K road race, \_\_\_\_\_ and \_\_\_\_\_, (Releasers) acknowledge and accept: print name \_\_\_\_\_ print parent / guardian name if under 18 \_\_\_\_\_

1. I, the participant, understand the nature of this activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. Participant also acknowledges that if he or she believes conditions are unsafe, he or she will immediately discontinue participation in the activity.
2. Participant fully understands that this activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by participant’s actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the participant; and that there may be other risks either not known to participant or not readily foreseeable at this time; and participant fully accepts and assume all such risks and all responsibility for losses, cost, and damages incurred as a result of the participation in the activity.
3. In the event of injury or loss, participant realizes that he or she will have the benefit of school insurance and the benefit of any personal insurance that participant may have taken the precaution to provide.
4. Participant hereby releases, discharges, and covenants not to sue the City of Lake Wales, Lake Wales High School and Lake Wales Charter Schools, Inc. and its administrators, directors, agents, officers, volunteers, employees, and other participants, (“Hosts”) from all liability, claims, demands, losses, or damages, caused in whole or in part by the negligence of the entities or persons released or otherwise, including travel to and from activities and any negligent rescue operations.
5. Participant agrees that if, despite this release, waiver of liability, and assumption of risk, participant or anyone on our behalf, makes a claim against any of the Hosts, we will indemnify, save, and hold harmless each of the Hosts from any loss, liability, damage, or cost, which may incur as the result of such claim.
6. Participant understands and accepts that all activities are intended to take place only in the designated race area. However, we further agree to release and hold harmless the City of Lake Wales, Lake Wales High School, and Lake Wales Charter Schools, Inc. from all liability, claims, demands, losses, costs and/or damages for any injury that occurs as a result of Releaser’s participation in activities that may occur outside the designated area.
7. Participant has read the rules for participation and agree to abide by all rules and any directions from staff. Participant understands that the failure to follow any rules or directions may result in the termination of the privilege to participate.
8. Participant’s Parent or Guardian (if participant is under age 18) fully understands that he or she have personally assumed certain responsibilities that include, and are not limited to, personally assuming the adverse consequences that may occur to my child or ward as a result of his or her participation in the described activity and that I have personally assumed the duty and responsibility of indemnifying and holding harmless the City of Lake Wales, Lake Wales High School and Lake Wales Charter Schools, Inc. for any adverse consequences that may befall my child or ward regardless of whether such adverse consequences occurred before or after minority status.
9. Participant has read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, and understands that by signing this agreement, I have given up substantial rights and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. Participant further agrees that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant \_\_\_\_\_ Birth Date \_\_\_\_\_

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Printed Name of Parent / Guardian \_\_\_\_\_

Signature of Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_