

Southern Middle PTSA Lightning Strike 5K April 13, 2014

Entry Fee:

- 5K Run/Walk \$18.00
- 5K Run/Walk (after 3/25/14) \$25.00
- Fastest Kid at SMS included with race registration
- Family Registration (up to five) \$50.00
- Family Registration (after 3/25/14) \$55.00

* All family members must fill out entry form and turn in together. (There is a no refund policy for the entry fee.)

Early Registration (4 ways):

1. Online at www.lightningstrike5k.weebly.com
2. Mail entry form and check payable to Southern Middle School PTSA by April 4, 2014 to:
Southern Middle School (SMS)
400 Wilson Downing Rd.
Lexington, KY 40517
Attn.: Lisa Hager or Angela Stark

Packet Pick-up:

Check our website for dates and times.

Race Shirts: Each 5K race participant is guaranteed a commemorative race T-shirt if registration received by 3/25/14.

Event Information:

Course: The race course will start and finish at Tates Creek High School. A map is available on the website. 5K participants will be eligible for prizes drawn after the race.

Walkers are welcome!!!

5K Awards:

Overall top three male and female winners and top 3 Male and Female by Age Group:

10 & U	17-19	35-39	55-64
11-12	20-24	40-44	65+
13-14	25-29	45-49	
15-16	30-34	50-54	

Fastest Kid at SMS: SMS Kids will run in heats.

Age groups: Boys & Girls Categories 10-11, 12-13, 14-15

Race Times:

- 2:30 p.m. 5K Race
- 3:45 p.m. Fastest Kid at SMS
- 4:00 p.m. Results

Results:

- www.johnsrunwalkshop.com
- www.lightningstrike5k.weebly.com

FCPS Bluegrass Trifecta: Are you up for a challenge? Sign up for the Trifecta. Registered finishers of all three 5K races below will receive a "Trifecta T-shirt".

1. 10/20/13 – 16th District PTSA 5K
2. 04/13/14 – Southern Middle Lightning Strike 5K – \$18
3. 05/10/14 – Sharks on the Run 5K (Sandersville Elem.) – \$18

Please indicate "Trifecta: Yes" on each race Entry Form. Finishers of all three races that are age 18 & over will be entered in a cash drawing. Cash prizes include: \$150, \$100, and \$50. Trifecta finisher T-shirts will be available and the cash drawing will be held after the last race. FCPS students who participate in each race will be entered for a special prize. Please visit: www.bluegrasstrifecta.weebly.com for race information.

Thanks to these Sponsors:



- | | |
|--|-----------------------|
| Commonwealth Smiles | Stratton Eyes |
| Triple Play Photography | Bumblebee |
| Kerr Brothers | AllSports |
| Fraternal Order of Police | State Farm |
| Kentucky Center for Oral and Maxillofacial Surgery | |
| Lexington Diagnostic and MRI | |
| Hawkins Consulting | Keeneland |
| Tates Creek Animal Hospital | McDonalds |
| Jazzercise Lex Fitness Center | Landrum and Shouse |
| Stockton Mortgage | Traditional Bank |
| Noodles | Valic – Josh Hunley |
| Chiro One Wellness | Re/Max – Randy Adkins |
| Family Allergy and Asthma | Moe's Southwest Grill |

Entry Form (return this portion)

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: (____) _____

Sex (circle one): Male Female

Date of Birth: _____

Age (on Race Day): _____

E-Mail: _____

Trifecta?(circle one): Yes / No * see FCPS Trifecta

Shirt Size (circle one): YM YL AS AM AL AXL

A XXL (\$2 charge)

WAIVER

In consideration of the acceptance of my entry, I for myself, my heirs, executors, and administrators, do hereby release and discharge the Southern Middle PTSA, all sponsors, FCPS and associates of this event from any and all claims in said event. I certify that I have full knowledge of the risks involved in participating in this event, and I am physically fit and sufficiently trained to participate in this event. I also release publishing rights of photographs of me taken during the Lightning Strike 5K, 1 mile fun run, and Fastest Kid at SMS for purposes of publicity for this and future events sponsored by the SMS PTSA.

Participant Signature

Academic Team	Craft Club	Library – "Book it"	Student Council
Band	Environmental Club	Math Team	Tech. Student Association (TSA)
Boys Basketball	Football	Orchestra	Volleyball
Boys Track	Girls Basketball	PE Department	Cheerleading
Chorus	Girls Track	SMS PTSA	Dance
Cross Country	Movie Making		

Parent/Guardian (if under 18):

Please circle the group(s) below that will benefit from this entry.