

The Spartan 5K Run/Walk

Proceeds to benefit:
-The National Multiple Sclerosis Society
-Valley Stream North High School

Sponsored by:
VSN Class of 2011 &
VSN Track & Field Team

Date: March 20, 2010

5K Start: 9:00am

FUNRUN Start: 8:30am

Entry fees:

- \$15.00 for runners registered before 3/1/10
- \$15.00 for students of North High School
- \$20.00 registration after 3/1/10
- \$1.00 donation to MS for 12 and under FUNRUN
 - No fee if you collect \$50.00 in donations
 - Record donations on the back of this form

Race begins and ends on the North High track. The 5K is a loop through the community. Registration and Awards will be held in the gymnasium. Rain or shine, no refunds will be given. Walkers with strollers are welcome. Number pickup/registration also available Friday 4pm-8pm in the Gym lobby!

**For more information contact :
 Anne Schroeder, schroeda@vschsd.org**



PRIZES

Medals awarded to the top three in the following male and female age groups:

12-15, 16-19 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older

All FUNRUN participants will receive an award!

Special categories (male & female):
 North High Faculty and Staff
 North Junior High Students
 North Senior High Students

Raffles for participants during and after the awards ceremony!

Mail form, donations and entry fees to:

Valley Stream North High School
 750 Herman Avenue
 Franklin Square, NY 11010
 Attn: Anne Schroeder
 Checks payable to: VS North HS

Name _____
 Address _____
 Phone _____
 Sex Male Female Age North Student North Faculty
 T-shirt Size: S M L XL
 T-Shirts for pre-registered participants, day of race not guaranteed

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

Email address: _____@_____

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 _____

Date _____