

# Seeds' Classic Rock

## 5K & Fun Run



Our schools need our help more than ever this year!  
Sign up today to support Daphne students & teachers!  
Turn over to register / School deadline - Fri., Feb. 12!

## SEEDS' Classic Rock 5K/Fun Run Saturday, March 6, 2010

To benefit SEEDS' 2010 Classroom Grant Program

**New Start/Finish Location! Daphne City Hall**  
5K (3.1 mi.) 8 a.m.  
Fun Run (1 mi.) 9 a.m.

5K Registration/T-shirt \$15 per person  
Fun Run Registration only/T shirt \$10 per person

*(5K school program registrants may run in Fun Run @ no charge)*

## The Classic Rock School Program / Class Competition

SEEDS is an independent, non-profit education foundation that brings together citizens of all ages who share a vision for education's role in Daphne's future. Our mission is to promote a lifelong love of learning among the children of Daphne by providing enrichment opportunities at school and in the community and by advocating for educational improvements and innovation.

One dollar of each SEEDS' Classic Rock race registration/T-shirt fee collected through the 2010 School Program will be donated to the participating student's school. All other proceeds will fund SEEDS' **2010 Classroom Grant Program**. Over the past five years, SEEDS has more distributed more than \$121,000 to the five Daphne public schools and Christ the King School as a result of community fundraisers like this.

SEEDS will also award a Classic Rock party to the winning homeroom at each school (i.e., highest percentage of participation including family members who register on this form for either the 5K or Fun Run!).

## SCHOOL PROGRAM REGISTRATION ENDS Friday, February 12th!

**Sign up on back today and send in your completed form w/ payment to your child's teacher.**

**Race packets** will be delivered to the listed student's homeroom by Fri., March 5. Please note all participants must wear run numbers on race day and children under 9 must be accompanied by a registered adult.

## Cool your heels at the Classic Rock Post-Race Party!!

- Live classic rock music
- Great food, soft beverages
- Fun door prizes
- Exciting children's activities provided by Daphne school PTAs/PTOs
- Classic Rock Race Awards Ceremony (at 9:30 a.m.) featuring-
  - Rock & Roll Hall of Fame gift items to the Top male and female 5K winners Overall and in the Masters, Grandmasters, Senior Grandmasters, and Race Walker divisions.
  - Classic Rock Medallions for the Top 3 male and female 5K runners in these age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 34-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-99. Classic Rock Medallions for
  - Classic Rock Medallions to the top 3 under-15 male & female winners of the Fun Run. (Ribbons to all Fun Run finishers!)

**Bring your lawn chairs and enjoy the fun! You'll love this year's T-shirt, too!!**

# 2010 Classic Rock 5K and Fun Run: SCHOOL PROGRAM SIGN-UP FORM

REMEMBER -- School Program/Class Competition ends Friday, Feb. 12!

School \_\_\_\_\_ Student's homeroom teacher \_\_\_\_\_

Student's name \_\_\_\_\_ Age \_\_\_\_ Sex **M F** Home phone \_\_\_\_\_

Home address \_\_\_\_\_ Parent e-mail \_\_\_\_\_ *Required*

Check race(s) student wishes to participate in: \_\_\_\_\_ **5K (3.1 mi = \$15/per)** \_\_\_\_\_ **Fun Run (1 mi only = \$10/per)**  
Zip \_\_\_\_\_ *For SEEDS info only*

*(Note: Students & family members who sign up through their school to run in the 5K & pay \$15 may also take part in the Fun Run @ no charge.)*

## Family members who wish to register through the school and be credited to this student's class total:

*(Please complete the information below for each family member/circle the race(s) each person wishes to participate in.)*

Name \_\_\_\_\_ Age \_\_\_\_ Sex **M F** Relation: \_\_\_\_\_ Race: **5K Fun Run**

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Name \_\_\_\_\_ Age \_\_\_\_ Sex **M F** Relation: \_\_\_\_\_ Race: **5K Fun Run**

## T-shirt order - Indicate the number of each size desired:

Youth sizes: \_\_\_\_ S \_\_\_\_ M \_\_\_\_ L Adult sizes: \_\_\_\_ S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_ XXL

Total number registering for 5K (3.1 mi) \_\_\_\_\_ (X \$15) Total number registering for Fun Run only (1 mi) \_\_\_\_\_ (X \$10)

(An additional SEEDS donation of \$ \_\_\_\_\_?) **TOTAL \$ ENCLOSED:** \_\_\_\_\_ (Make checks payable to SEEDS)

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release SEEDS; the City of Daphne, AL; Little Red Hen Productions; all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of participant \_\_\_\_\_ Date \_\_\_\_\_

*(Parent or guardian must sign for participants under 19)*

## SEEDS Classic Rock Race Facts: SATURDAY, MARCH 6<sup>th</sup>

*(Cut at the line above and save this note! Contact 251.656.7333 or [info@seedsindaphne.org](mailto:info@seedsindaphne.org) for more info!)*

- ✓ **Deadline for signing up for school program** (i.e., class competition): **Friday, Feb. 12**  
(Registrations received after Feb. 12 will NOT count toward class competition/ T-shirts will not be delivered to school.)
- ✓ Shirts/run numbers for all who sign up by Feb. 12 will be delivered to hr. teachers **by Friday, March 5.**
- ✓ **ALL RACE DAY ACTIVITIES (registration/start & finish lines/post-race party) AT DAPHNE CITY HALL!**
- ✓ **Day of race registration and/or T-shirt pick-up** (for those who did not sign up by Feb. 12):
  - **For 5K:** 7 -7:45 a.m. Day of race 5K fee: **\$20** 5K Start; **8 a.m.**
  - **For Fun Run:** 7 - 8:45 a.m. Day of race Fun Run fee: **\$10** Fun Run Start; **9 a.m.**
- ✓ **Parking where permissible in Olde Towne Daphne and at Daphne Elementary** (2307 Main Street) **and W.J. Carroll Intermediate School** (1000 Main Street) - within easy walking distance from City Hall.

**KEEP THE DAPHNE SCHOOLS STRONG – VOTE YES ON MARCH 23!**

The 3-yr. Penny Sales Tax will save jobs, arts programs and extracurricular activities. Please urge your friends to go to the polls, too.