

5K Summary Information Sheet

Vermillion Sesquicentennial 5K Fun Run/Walk
Saturday, August 8, 2009
9:00 a.m.

Who Should Participate: Everyone! Strollers are allowed and family participation is encouraged; we simply request that those who intend to run slow or walk start towards the back of the racers to reduce the chance of injuries. This event is a great way to celebrate your health and our community.

Prizes: All participants will receive a t-shirt. Prizes will be awarded for top finishers in each gender and age group. The awards ceremony will also include some fun prizes for VHS alumni (if registering online, make sure to click the option to "Contact Event" and provide the coordinator with information about your VHS alumni status). All entrants will be eligible for several fun prize drawings (must be present to win). The award ceremony will take place at 10:00 a.m. Refreshments will be served.

Proceeds: Any proceeds from the race will be donated to the Vermillion Public Schools (VPS) Foundation. Visit <http://vermillionpsf.org/> for more information about the foundation.

Registration: Online registration is preferred and is available at <http://allsportcentral.com/> (direct link to registration page is <http://allsportcentral.com/EventInfo.cfm?EventID=22044>). Paper registration forms are available and must be post-marked by July 24, 2009. Same day registration will be available, however, we cannot guarantee your t-shirt that day and you may not be timed.

Cost: \$15 if register by July 14, \$18 if register between July 15 and July 31, and \$20 if register after July 31.

Sponsorships: We are seeking various types of sponsorship, including donations of items and gift certificates for drawings and prizes. Please contact Alli Zens (see below) if you are interested in sponsoring the 5K.

Race Day Volunteers: We are seeking individuals to staff the event, including staffing the registration table and packet pick-up, race course marshalls, water station, and refreshment table. All volunteers will receive a t-shirt and will be eligible for some prize drawings. Please contact Alli Zens (see below) if you are interested in volunteering during the event.

Event Contact: Alli (Hensley) Zens, 763-355-9356, vermillion5K@yahoo.com, P.O. Box 146 Vermillion SD 57069.

Packet Pick-Up: Race day registration and packet pick-up for all registered entrants will begin at 8:00 a.m. at Prentis Park on Saturday, August 8, 2009.

Race Course: The race starts at Prentis Park (corner of Main and Plum), goes west to University, then south to the bike path below the hill, eventually coming back up elevator hill to Main Street, and then east on Main Street back to Prentis Park.

Paper Registration Form (online registration is preferred, allsportcentral.com)
Must Be Postmarked By July 24, 2009

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Packet pick-up for all registered entrants will begin at 8:00 a.m. at Prentis Park on Saturday, August 8, 2009. The race starts at Prentis Park (corner of Main and Plum), goes west to University, then south to the bike path below the hill, eventually coming back up elevator hill to Main Street, and then east on Main Street back to Prentis Park. Strollers are allowed and family participation is encouraged; we simply request that those who intend to run slow or walk start towards the back of the racers to reduce the chance of injuries. All participants will receive a t-shirt. Prizes will be awarded for top finishers in each gender and age group. The awards ceremony will also include some fun prizes for VHS alumni. All entrants will be eligible for several fun prize drawings (must be present to win). The award ceremony will take place at 10:00 a.m. Refreshments will be served. Any proceeds from the race will be donated to the Vermillion Public Schools (VPS) Foundation. Event Contact: Alli (Hensley) Zens, 763-355-9356, vermillion5K@yahoo.com.

Name: _____ M/F: _____ Age (race day): _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

T-Shirt Size: Adult S M L XL Youth S M L

Are you a VHS alum? _____ If so, what year did you graduate? _____ If a VHS alum, please indicate any high school sports teams in which you participated, if any: _____

Registration Fee: \$15 if register by July 14, \$18 if register between July 15 and July 31, and \$20 if register after July 31

Make check payable to: Vermillion Sesquicentennial 5K

Mail to: Vermillion Sesquicentennial 5K, PO Box 146, Vermillion SD 57069

Waiver statement: By signing below, I agree, warrant and covenant as follows: I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which I may cause or sustain while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effects of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, and promoters, including but not limited to AllSportCentral.com, Inc., USA Track & Field, the Vermillion Sesquicentennial Planning Committee and the City of Vermillion and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other records of this event.

Signature (must be signed by entrant, or parent if entrant under the age of 18): _____

Sponsorship Information

Vermillion Sesquicentennial 5K Fun Run/Walk **Saturday, August 8, 2009** **9:00 a.m.**

Sponsorships: We are seeking various types of sponsorship, including cash contributions to offset race costs (any excess proceeds will be donated to Vermillion Public Schools (VPS) Foundation), gift certificates and other items for prizes, refreshments to serve during awards ceremony, small gift items and/or coupons for race packet grab bag, etc.

Event Contact: Please contact Alli (Hensley) Zens if you are interested in sponsoring the 5K, phone 763-355-9356 or email vermillion5K@yahoo.com. If you choose to mail a contribution check, please make check payable to "Vermillion Sesquicentennial 5K" and mail to Vermillion Sesquicentennial 5K, PO Box 146, Vermillion SD 57069.

T-Shirt Sponsors: If you make a contribution valued at \$250 or more by July 7, your logo will be included on the event t-shirt.

Volunteer Information

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9:00 a.m.

We are seeking individuals to staff the event, including staffing the registration table and packet pick-up, race course marshalls, water station, and refreshment table. All volunteers will receive a t-shirt and will be eligible for some prize drawings. Please contact Alli (Hensley) Zens if you are interested in volunteering to staff the 5K event, phone 763-355-9356 or email vermillion5K@yahoo.com.

Name: _____ M/F: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

T-Shirt Size: Adult S M L XL Youth S M L

Please indicate if you have a preference for volunteer assignment (staff registration table, course marshall, water station, or award ceremony refreshments): _____

Please indicate if there are other volunteers you would prefer to work with: _____

Mail to: Vermillion Sesquicentennial 5K, PO Box 146, Vermillion SD 57069

Waiver statement: By signing below, I agree, warrant and covenant as follows: I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which I may cause or sustain while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effects of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, and promoters, including but not limited to AllSportCentral.com, Inc., USA Track & Field, the Vermillion Sesquicentennial Planning Committee and the City of Vermillion and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other records of this event.

Signature (must be signed by volunteer, or parent, if volunteer under the age of 18): _____