



The Spritzer  
Franklin County Cross Country

Monday, July 4, 2016  
Races begin at 8:00am

Registration: in the SGI Public Beach Parking Lot @ 7:00 am  
Race Start: in front of Blue Parrot

**Registration and Fees:**

- 3-17 years -- \$10 w/o tech shirt
- 3-17 years -- \$20 w/ tech shirt
- 18+ years -- \$15 w/o tech shirt
- 18+ years -- \$25 w/ tech shirt

**Shirt Size:**

- XS \_\_\_
- S \_\_\_
- M \_\_\_
- L \_\_\_ XL \_\_\_

On-site/Day-of Registration: \*\$30 w/shirt if available \*\$20 w/o shirt

MS/HS Teams -- \$35 up to 7 runners (for team runners wanting a tech shirt \$15)

Shirts only guaranteed when you register before 06/13/16.



Name: \_\_\_\_\_

Age on 07/04/16: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender: Female / Male



Event: 1 mile fun run (8:00am) 5k (8:30am)

Wavier: In consideration of your acceptance of my entry as a participant in the 2016 *The Spritzer*, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property against The FCHS Cross Country Team, its coaches and directors, members or representatives, and all volunteers and others promoting or assisting in anyway the promotion or organization of *The Spritzer*, which may arise from my participation in the races on July 4, 2016, or while traveling to or from the event, even if caused in part by the negligence or negligent actions or other fault of the parties or persons I am hereby releasing by the dangerous or defective condition of any property or equipment owned, maintained, or controlled by them and/or because of the liability without fault. My participation is voluntary and done at my own risk. I understand that running a race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I attest that I am physically fit and sufficiently trained for the competition of this event. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know to what extent those injuries and damages might be and am voluntarily assuming the risk of such injuries and damages. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation. I have read and understand everything written above and I voluntarily sign this agreement.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Signature of parent/guardian if under 18 years of age.*

Return registration and payment (checks payable to FCS Cross Country) to Kati-Morgan Hathcock at FCS  
Race Director: Kati-Morgan Hathcock – [khathcock@franklin.k12.fl.us](mailto:khathcock@franklin.k12.fl.us)



**You may also register online at the following link:**

<https://endurancecui.active.com/event-reg/select-race?e=35889052>



Dear Potential Sponsor,

We are currently seeking sponsors for our 2<sup>nd</sup> annual 5k, *The Spritzer*, on July 4, 2016 at the SGI Lighthouse that will benefit the Franklin County High School Girl's and Boy's Cross Country Team for the upcoming 2016 season.

Our goal is to provide an opportunity for both girls and boys to physically and mentally challenge themselves in a caring and nurturing environment that stresses personal development and teaches many life lessons.

During our second season, this past fall, we had 19 runners come out and participate all season long (up seven athletes from last year). They gave up ten Saturdays, and every weekday afternoon for three and a half months. Two of our boys placed in the top fifteen at districts allowing them to advance to regionals where they placed in the top fifty. One of whom, Simon Hodgson, placed 14<sup>th</sup> and became the first runner from Franklin County School to complete at the state level—ending up 78<sup>th</sup> in the state. All Cross Country runners participated in Track & Field this spring and their strength, stamina, and endurance has grown tremendously.

Your sponsorship will help us continue to develop the program and encourage participation. Contributions will be used to maintain team uniforms, pay meet fees, end-of-the-year awards, and to help send runners to summer camp. This is a great opportunity to positively affect the lives of our children.

As a sponsoring business, you will have the opportunity to have your name on a banner at the race and the race day t-shirts, as well as promoting your business through any other information at the race venue.

A sponsorship form is attached. Please complete this form and either mail it to the address listed on the form or contact me and I will be happy to pick up your donation. All donations should be made out to: **Franklin County High School (FCS) Cross Country**.

Thank you for your consideration. Please feel free to contact me if you have any questions. I can be reached at (850) 653-6474 or [khathcock@franklin.k12.fl.us](mailto:khathcock@franklin.k12.fl.us).

Sincerely,

*Kati-Morgan Hathcock*

Kati-Morgan Hathcock  
FHS Cross Country/Track and Field Coach

# The Spritzer

*A Race to help the FCHS Cross Country Team Continue Their Pursuit of Excellence*

## SPONSOR LEVELS (Check one):

- \$250** – Your Company Name/Logo on event banner and t-shirt
- \$150** – Your Company Name/Logo on event t-shirt
- Honorary Sponsor** – any gift or donation

\*Donations may be monetary to help with financial responsibilities or “in-kind” gifts for the purpose of race awards, raffle prizes, or other items needed to make this event a success.

CONTACT: KATI HATHCOCK - 850-653-6474

MAKE CHECKS PAYABLE TO: **FCS CROSS COUNTRY**

PLEASE EMAIL YOUR COMPANY LOGO TO: [khathcock@franklin.k12.fl.us](mailto:khathcock@franklin.k12.fl.us)

-----

**BUSINESS NAME:** \_\_\_\_\_

**CONTACT:** \_\_\_\_\_

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

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

**ADDRESS:** \_\_\_\_\_

**CITY/ST/ZIP:** \_\_\_\_\_

***(If you would like a tech shirt or shirts add \$15 to your donation for each additional shirt, and I will be happy to deliver them to your place of business.)***

## T-Shirt Size:

XS\_\_\_ S\_\_\_ M\_\_\_ L\_\_\_ XL\_\_\_





***The Spritzer***  
**Franklin County**  
**Cross Country**



**Monday, July 4, 2016**

**1 Mile Fun Run/Walk begins at 8:00 am**

**5k begins at 8:30 am**

**Race Day Registration:**

**SGI Public Beach parking lot @ 7:00 am**

**Race Start: In front of Blue Parrot**

**Turn in all registration forms to Kati Hathcock:**

In person to: Franklin County School

E-mail: [khathcock@franklin.k12.fl.us](mailto:khathcock@franklin.k12.fl.us)

Mail: The Spritzer

309 Gardenia Trail

EastPoint, FL 32328



**You may also register online @**

**<https://endurancecui.active.com/event-reg/select-race?e=35889052>**