



The Spritzer
Franklin County Cross Country

Tuesday, July 4, 2017
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 06/13/17.



Name: _____

Age on 07/04/17: _____

Date of Birth: _____

Gender: Female / Male

Event: 5k (8:00am) 1 mile fun run (8:50am)

Wavier: In consideration of your acceptance of my entry as a participant in the 2017 *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, 2017, 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 or mail to:

309 Gardenia Trail, EastPoint, Florida 32328

Race Director: Kati-Morgan Hathcock – khathcock@franklin.k12.fl.us or (850)653-6474



Dear Potential Sponsor,

We are currently seeking sponsors for our 3rd annual 5k, *The Spritzer*, on July 4, 2017 at the SGI Lighthouse that will benefit the Franklin County High School Girl's and Boy's Cross Country Team for the upcoming 2017 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 third season, this past fall, we had 15 runners come out and participate all season long. They gave up ten Saturdays, and every weekday afternoon for three and a half months. Last season for the first time in FCS's history we had a girl advance to regionals, and she almost advanced to state (missing out by only 2 places). 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 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.

Sincerely,

Kati-Morgan Hathcock

Kati-Morgan Hathcock
FCS Cross Country 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**

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



Tuesday, July 4, 2017

5k begins at 8:00 am

1 Mile Fun Run/Walk begins at 8:50 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

Mail: The Spritzer
309 Gardenia Trail
EastPoint, FL 32328