

**Date & Time**

Saturday, October 12, 2019

- 6:00 am – Race Day Registration
- 7:30 am – 5K Run/Walk
- 8:30 am – Kid Dash (100 yards)  
*Free to all kids (under 12)!*
- 8:45 am – Awards Ceremony

**Location & Parking**

- Start and finish at Fort Mellon Park
- First St. closed; use Third St. to park
- Parking available at Chamber of Commerce parking lot, First St. and Sanford Ave.; Palmetto Ave, and Seminole Blvd.

**Amenities**

- T-shirts guaranteed for first 500 participants
- Post race celebration at Fort Mellon Park with drinks and other refreshments.

**Awards (Chip Timed Event)**

- Overall best male and female
  - Top male and female Masters (40+)
  - Top Croomie Girl and Boy
  - Top three male and female finishers in the following age divisions
- |            |       |       |       |
|------------|-------|-------|-------|
| 13 & Under | 25-29 | 45-49 | 65-69 |
| 14-16      | 30-34 | 50-54 | 70+   |
| 17-19      | 35-39 | 55-59 |       |
| 20-24      | 40-44 | 60-64 |       |
- Business team with the MOST registered runners\*  
\*Registrations must be turned in together.

**Website, Course Info/Map, Fort Mellon Park**

- Event website: <http://riverwalk5k.croomsweb.org>
- [http://www.sanfordfl.gov/departments/pubworks/20091029\\_ft\\_mellon\\_park\\_info.html](http://www.sanfordfl.gov/departments/pubworks/20091029_ft_mellon_park_info.html)



**8<sup>th</sup> Annual Sanford Riverwalk 5K**

**run/walk**

**October 12, 2019**

**Race Start: 7:30 a.m.  
at Fort Mellon Park**

**Downtown Sanford**

Proceeds benefit  
Crooms Academy athletic  
programs and scholarships.

**Three Registration Options**

All checks payable to Crooms Academy

- Registration Online at <https://SanfordRiverwalk5K.itsyourrace.com/register/>  
(on-line registration closes at 9:00 am Friday, October 4<sup>th</sup>.)
- Register in person at Crooms Academy, 2200 Historic Goldsboro Avenue, Sanford, Florida. Mail-in registrations must be received by Sept. 20<sup>th</sup> Mail to Crooms Academy Attn: Angela Miller 2200 Historic Goldsboro Blvd. Sanford, FL 32771

**Packet Pick-Up & Registration**

- October 11<sup>th</sup> (Friday) 12 pm – 7 pm at Crooms Academy, 2200 Historic Goldsboro Ave.
- Day of Event 6 am – 7:15 am Fort Mellon Park

**Entry Fees** (non refundable)

- Through Midnight, August 30 \$25
- Through Midnight, September 27 Through October 11 \$30
- Event Day Registration \$40
- K-12 Student (18 and under) \$15

*For safety reasons, bicycles, in-line skates, skateboards, and dogs will not be allowed in the run.*

Set a PR on this flat, fast chip timed road race through historic downtown Sanford. Then celebrate at Fort Mellon Park.



Print Last Name

Print First Name

Male  Female Phone

Date of Birth  Month  Day  Year  Crooms Student  Age on Race Day

Street Address

City  State  Zip

s  m  l  xl  xxl  xxxl E-mail  @

Txt Msg. Results to Cell Phone Carrier: Alltel ATT Boost Mobile Nextel Sprint PCS T-Mobile US Cellular Verizon Virgin Mobile

Organization\*  \*if registering as part of a team or school

Donation

**PLEASE READ AND SIGN THIS WAIVER**

**All checks payable to Crooms Academy**

Waiver: I know that participating in a run/walk/race event is potentially hazardous. I will not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with the event, including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, and the conditions of the road and traffic on the course. All of these risks are known and appreciated by me. I understand that for safety, bicycles, jogging strollers, in-line skates, skateboards and animals are not allowed in the run. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I, for myself, or anyone acting on my behalf waive, release and hold harmless all suppliers, sponsors and affiliates, Crooms Academy of Information Technology, Seminole County Public Schools, Milestone Race Authority, City of Sanford, FL, all the aforementioned named parties, respective directors, officers, employees, agents, assigns, representatives, successors and any individual or group associated therewith, from and against all claims, damages, liabilities, costs of expenses of any kind, including reasonable attorney's fees, arising out of my participation in this event even though that liability may arise out of my negligence or careless and/or the negligence or carelessness of any individual or organization named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of this event for any legitimate purpose. I am of legal age, have read this release, fully understand it, and freely agree to all of its terms.

Signature \_\_\_\_\_ Parent Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

