

# *i am one*

The Miriam Kittrell Race for Christian Education

"I'm a follower of Jesus. No matter where I am, what I am doing or who I am with, I am one. It's a compilation of my faith, my character, my values. It's the legacy of an Adventist education and the essence of who I am."

iAm One is about opportunity. The opportunity to learn. the opportunity to grow, physically, emotionally an spiritually. It's about perpetuating the joy of service to Christ and to others. It's also about remembering your legacy and creating a new one for your children.

iAm One is about preparing children for a life of Christ-like service. Your children. It's about being grounded in the Sabbath and the core beliefs you grew up with. It's about Forest Lake Education Center.

**March 24**

**5K (3rd grade on up)**

**Fun run (age 4-2nd grade)**

**Forest Lake Education Center -  
1275 Learning Loop, Longwood  
Race Time Starts 8:30 am**

*Cost:*

\$25 until March 15

\$30 after March 15

\$10 for students (FLEC students do not need to pay)

*About Miriam Kittrell (1938-1998)*

Mrs. Kittrell was principal at FLEC from 1989-1996.

She touched the lives of students and faculty in a very special way.

Whatever we could dream, she believed could happen.

Those dreams turned into our gym, new classrooms, and computers.

Mrs. Kittrell had a special gift for loving children and she used it to the fullest, now today her legacy continues with our worthy student fund.

*Register:*

Online at [www.myflec.com](http://www.myflec.com)

or fax application to 407/774-7726, atten: Melissa Keller

*Beneficiary:*

All proceeds from race benefit the FLEC Worthy Student Fund. Contact Melissa Keller if you wish to support or sponsor the race at [melissa.keller@myflec.com](mailto:melissa.keller@myflec.com) or 407/748-8888.

MIC 6:8: HE HAS  
SHOWED YOU, O  
MAN, WHAT IS  
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YOUR GOD.

14TH ANNUAL MIRIAM KITTRELL RACE FOR  
CHRISTIAN EDUCATION



# Miriam Kittrell 5K Race ♦ March 24, 2013

## Location & Time

FLEC - 1275 Learning Loop,  
Longwood, FL 32779  
Participants will not be able to enter through main gates on race day. Parking is accessible in overflow lots through FLEC exits. Check-in Registration begins at 8 am and concludes at 8:30 am.



**Forest Lake**  
EDUCATION CENTER

## 5K Run/Walk

Third-Eighth Grade, Staff, Community Runners  
Course: Race starts at FLEC to Sand Lake Rd., go West on Sand Lake Rd. to Hunt Club Blvd. and back to school.

## Fun Run

Pre-K-Second Grade Runners  
Course: Two laps around school track.

## Beneficiary

Race proceeds go directly to the Worthy Student Fund. Funds raised help take away financial barriers from families who wish to be in a Christian environment but can't afford it. It is in our schools that children are shown kindness and what it means to be like Christ. It is in our schools that children are taught to live for a purpose.

## FLEC Student Goals

Each student is encouraged to find ten sponsors at ten dollars for a total of \$100 per student. Finding sponsors is not required or mandated for any student to walk/run or participate in the day's event.

## Registration Information

The 5K & Fun Run is open to all runners, joggers, and walkers. Fill out the attached entry form and mail to the address below, or fax to Melissa at: 407/774-7723. Additional entry forms may be obtained online at [www.myflec.com](http://www.myflec.com). Registration will also be held in the gym on race day.

## Entry Fee

\$25.00 until March 15, 2013  
\$30.00 after March 15, 2013  
(no T-shirts will be guaranteed on day of race)  
\$10.00 for non-FLEC students (does not include shirt)

## Awards

All FLEC students who meet their \$100 sponsorship goal as well as all pre-registered entrants will receive a Run/Walk Commemorative T-shirt! The Top 3 Male/Female awards given per class and age-group runners on race day.

For More Information or to download more forms, please visit us on the web at: [www.myflec.com](http://www.myflec.com).

Credit Card registrations may be faxed to 407.774.7723. Checks may be mailed to address below. Payments accepted race day.

## FLEC – 14th Annual Miriam Kittrell 5K & Fun Run OFFICIAL ENTRY FORM (Mail-in Deadline: March 19, 2013)

Mail form and checks payable to:  
Forest Lake Education Center, Attn. Melissa Keller  
1275 Learning Loop, Longwood, FL 32779

|  |  |            |  |                          |  |  |               |  |  |  |  |  |       |  |                               |  |          |           |  |                   |  |  |                     |  |  |  |  |  |  |
|--|--|------------|--|--------------------------|--|--|---------------|--|--|--|--|--|-------|--|-------------------------------|--|----------|-----------|--|-------------------|--|--|---------------------|--|--|--|--|--|--|
| RUNNER'S FIRST NAME  |  |            |  |                          |  |  |               |  |  |  |  |  |       |  | RUNNER'S LAST NAME            |  |          |           |  |                   |  |  |                     |  |  |  |  |  |  |
| AGE  |  | SEX<br>M F |  | T-SHIRT SIZE<br>S M L XL |  |  | DATE OF BIRTH |  |  | AMOUNT PAID WITH THIS ENTRY                    |  |  | GRADE |  | HOMEROOM TEACHER              |  |          |           |  |                   |  |  |                     |  |  |  |  |  |  |
| STREET ADDRESS OR BILLING ADDRESS FOR CREDIT CARD IF DIFFERENT |  |            |  |                          |  |  |               |  |  |  |  |  |       |  |                               |  |          |           |  |                   |  |  |                     |  |  |  |  |  |  |
| CITY   |  |            |  |                          |  |  |               |  |  |  |  |  |       |  | STATE                         |  | ZIP CODE |           |  | TELEPHONE NUMBER  |  |  |                     |  |  |  |  |  |  |
| METHOD OF PAYMENT<br>CASH CHECK CHARGE VISA MC                 |  |            |  |                          |  |  |               |  |  | V CODE (3-DIGIT SECURITY CODE ON BACK OF CARD) |  |  |       |  |                               |  |          |           |  | OFFICIAL USE ONLY |  |  |                     |  |  |  |  |  |  |
| CREDIT CARD #  |  |            |  |                          |  |  |               |  |  |  |  |  |       |  | EXPIRATION DATE<br>MONTH YEAR |  |          | SIGNATURE |  |                   |  |  | AMOUNT TO CHARGE \$ |  |  |  |  |  |  |
| NAME AS APPEARS ON CARD  |  |            |  |                          |  |  |               |  |  |  |  |  |       |  |                               |  |          |           |  |                   |  |  |                     |  |  |  |  |  |  |

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and participate 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 in this event, including but not limited to: fall, 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 this guideline. 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 Forest Lake Education Center, the Florida Conference of Seventh-day Adventist and 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.

Please sign here (Parent must sign if participant is under 18 years of age)

Date Signed