

The Sequoia Physical Education Department and ASB present the

25th Annual Sequoia 5k



& 8th Annual Activity Expo!

Date: Tuesday, November 20, 2008

Time: 1:20 p.m. - 2:50 p.m.

The 5k course will be run on **residential streets surrounding Sequoia.**

All participants **MUST:**

1. Return parent permission slip by **12:52 on Friday, Nov. 16, 2008**
(THERE WILL BE NO LATE REGISTRATION AND NO EXCEPTIONS!)
2. Wear Physical Education Uniform in the 5k run.

NAME (PLEASE PRINT CLEARLY)

GRADE

T-Shirt Size
(adult sizes S, M, L, XL, 2XL)

_____ has my permission to participate in the Sequoia 5k Run November 20, 2007. I understand that the course will require student's to leave the Sequoia campus. My signature indicates that I not only give permission but also that I know of no medical reason which would prevent my child from participating safely.

DATE

PARENT/GUARDIAN SIGNATURE