



PARK RIDGE 5K & 1-MILE FITNESS RUN



Registration Information

March 21, 2009

Race Information

DATE: Saturday, March 21, 2009 - rain or shine

TIME: 5K Run/Walk begins at 8:00 am

1-Mile Fun Run/Walk begins at 9:00 am

LOCATION:

Park Ridge Elementary School
Stafford, VA 22554

Awards & Prizes

Stick around after the races for awards, raffle and race number prize drawings and GREAT hospitality. Awards will be given as follows:

5K Run Finishers

1st place male and female finishers will receive custom trophies and gift certificates.

The top three male and female finishers in all age groups will also receive awards.

1-Mile Fun Run Finishers

Medals will be awarded to all finishers with designated trophies to 1st, 2nd & 3rd male/female finishers in the following school-aged groups: 5-6, 7-8, 9-10, 11-12.

Raffle Tickets & Prizes

Exciting raffle prizes will be on hand from local merchants and eateries. Get your tickets for \$3.00 each. Visit our website (see below) to see some of our sponsors.



ONLINE Registration

For more information, to view an excellent 5K training schedule to sponsor our race or to volunteer, please visit us online at:

www.geocities.com/parkridge5k

ONLINE Registration available at
www.active.com

Packet pickup

Thursday, March 19th and Friday, March 20th
from 4:00 p.m. to 7:00 p.m. at PRES Cafeteria.

Also available for pick up on race day morning beginning at 7:00 am

5K Run/Walk

- \$20.00 entry fee
- \$25.00 entry fee after March 7th
- \$30.00 entry fee on race day

Race entry fee includes t-shirt. Dri-fit shirts are available for an additional \$8.00. This out and back course is USATF certified #VA03039RT.

1-Mile Fun Run/Walk

- \$10.00 entry fee

All pre-registered race participants will receive a finishers medal.
T-shirts may be ordered for \$8.00 each.

Interschool competition

The local elementary school with the most registered participants in the 1-mile Fun Run/Walk will receive the coveted School Spirit Trophy award!

Kids' Corner

NEW THIS YEAR...Need child care to run? Manned by our teacher volunteers and families of Park Ridge, if your child is potty-trained AND three years or older, they are welcome to hang out in our PLAY-ZONE while YOU participate in the race.

Park Ridge Elementary 5K & 1 Mile Fitness Run Saturday, March 21, 2009

Please Print—One Entry Form Per Participant—Non Transferable

Name: _____
City, State, Zip: _____
E-mail: _____

Address: _____
Telephone: _____

Gender: ___ M ___ F **Date of Birth:** _____

Age on Race Day: _____

Event: ___ 5K (t-shirt included) ___ 1-Mile

Race Day Shirt Information

YOUTH: ___ S ___ M ___ L

ADULT: ___ S ___ M ___ L ___ XL ___ XXL

_____ T-shirt(s) \$8.00 each [if purchased separately from 5K]
_____ Dri-fit shirt(s) - \$8.00 additional charge with 5K registration

Raffle Drawing Tickets- _____ X \$3.00 per ticket = \$ _____

Kids' Corner: ___ NO ___ YES ___ # of kids participating

Please make checks payable and mail to: **Park Ridge Elementary School PTO; 2000 Parkway Blvd., Stafford, VA. 22554**

I know that running or walking a road race is a potentially hazardous activity and that I should not enter and run/walk unless I am medically able and properly trained. I assume all risks associated with running in this event including but not limited to, falls, contact with other participants, the effects of weather, traffic and road conditions, all such risks being known and appreciated by me. I agree to abide by any decision of race officials relative to my ability to safely compete in the run/walk. Having read this waiver and knowing these factors, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive, release and indemnify Park Ridge Elementary PTO, Park Ridge Elementary and all its agents, officers and employees, Stafford County Schools and all its agents, officers and employees, the sponsors of this race, any government entities, the Manors of Park Ridge, the Association of park Ridge, or jurisdictions, the Greens of Park Ridge, the Vistas of Park Ridge, the Association of Hampton Oaks, and any other sponsors, persons or organizers associated with the race and their representatives and others from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all foregoing to use any photographs, motion pictures, recordings or any other record of this event or any legitimate purpose. Strollers and baby joggers are not permitted in the 5K Walk/Run or the 1 Mile Walk/Run. No rollerblades or headsets are permitted. Race management reserves the right to alter or cancel the race for safety reasons—NO RAIN DATE, NO TRANSFERS, NO REFUNDS. Race management reserves the right to change prizes and awards.

Participant Signature

Date

School