

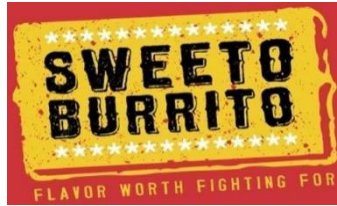


Ashland
Elementary
Falcons

Falcon & Bruin 5k/Run and 1 mile "FUN RUN" Sponsored By:



Forest Park
High School
Bruins



***T-shirt sizes guaranteed to those who register by September 29th**

Saturday, October 19, 2019
1 mile @ 8:00 a.m. Girls
1 mile @ 8:15 a.m. Boys
5k @ 8:30 a.m.
Ashland Elementary School
Manassas, VA

Register online @ www.racetimingunlimited.org
or mail form to: **Ashland Elementary School
C/O PE Department-Jason
15300 Bowmans Folly Dr.
Manassas, VA 20112**

Promoting Fitness at all Levels and all Ages!

**Packet Pick-up & Registration
Will Be Available Friday
evening from
6:00 p.m.-7:00 p.m. &
on Race day from
6:30 a.m. - 7:30 a.m. at
Ashland Elementary School**

Parking---Parking will be available on Bowman's Folly beyond the school and on Warm Springs
Restrooms---Restrooms are located inside Ashland Elementary School and will be open to race participants
Water and Snacks---There will be one water station at the 1 mile point of the race. Healthy Snacks will be available after the race.
Proceeds Benefit--- Ashland Elementary School and Physical Education along with Forest Park High School Cross Country/Track and Field Teams
Awards---Award Ceremony will take place after all runners have finished or at 9:00a.m.

All School Age participants will receive a finisher's medal.
Awards to the Top 3 finishers male/female for each age group in the 5k.

Age Groups/Award Categories

1. Age 8 and under
2. Age 9-11
3. Age 12-13
4. Age 14-18
5. Age 19-29
6. Age 30-39
7. Age 40-49
8. Age 50-59
9. Age 60+ (U ROCK)

Awards to the top 3 boy and girl finishers for the mile of Elementary School AGE

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September 29th 2019**



"Fun Run"
Registration Form
 (1 per participant please)
"YOU MUST BE REGISTERED TO RUN"



Please choose your Race :

- 1mile fun run - Cost \$12 (no shirt) or \$18 (with shirt)
- 5K run - \$20 (no shirt) \$26 (with shirt)

RACE DAY REGISTRATION 5K=\$30 AND 1 MILE=\$20

T-shirt size: YS YM YL S M L XL XXL

Payment Information: Please make checks payable to **Ashland PTO**

Name: (Please Print) Last, First, Middle _____

Sex: Male Female

Address: _____

Phone: _____

City: _____ **State:** _____ **Zip:** _____

E-mail: _____

School Name: _____

<p align="center">***Race official only***</p> <p>Amount paid in Cash \$ _____</p> <p>Check amount \$ _____ # _____</p>

Grade and Teacher (Ashland Students only): _____

(*PARENTS please put your childs teacher for packet distribution if at Ashland*)

Guardian's Full Name: _____

Age on day of race 10/19/19: _____ **Birth Date**

(MM/DD/YY): _____

In consideration of the application being accepted, I hereby, for myself, my heirs, and executors, waive, release and forever discharge and all rights and claims for damages, demands, or actions which I may have hereafter accrue to against Ashland Elementary School, Ashland PTO, Forest Park High School, Prince William County Schools, and all sponsors for the Falcon/Bruin 5k and 1 mile fun run, for any and all injuries suffered by me, in any manner, in said event.

Signature of Runner: _____

Signature of Parent: _____ (If runner is under the age of 18)

Awards to the top 3 boy and girl finishers for the mile of Elementary School AGE

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