



2nd Annual Fredericksburg Jingle Bell Jog

Sunday, December 10th 2017 @ 8:30 AM

Location: James Monroe High School 2300 Washington Ave, Fredericksburg, VA 22401

Packet Pick-up: December 8th from 11:00 am-4:00 pm at Virginia Runner (1993 Carl D. Silver Parkway, Fredericksburg, VA 22401) and on race day from 7:30-8:15AM at the James Monroe faculty parking lot.

Events: 1-mile Elf Run, beginning at 8:00 A.M. (ages 10 & under)

5K Jingle Bell Jog, beginning at 8:30 A.M. (ages 11 & up)

Chronotrack Bib Tag timing will be provided by Race Timing Unlimited.

Awards: Awards will begin at approximately 9:45am, however, this time may change depending upon the last race completion time. A cash prize will be given to the top overall winner of the Jingle Bell Jog and medals will be given to the top finishers in each of the following age groups: 10 & under, 11-19, 20-55, and 56 and up. **A special award will be given to the participant with the best costume.**

Fees: \$20 for each Elf Run participant.

Registered or Postmarked by November 17, 2017: 5K: \$25 for each participant (families with 3 or more participants, \$20 each)

Registration forms from November 17, 2017 through December 8, 2017 must be submitted at Virginia Runner. The fees will then be \$30 for each participant in the 5K (families with 3 or more participants, \$25 each).

Race Day Registration: \$30 (7:30-8:15 A.M.) Entry Fees are non-refundable

All participants for the Elf Run and the Jingle Bell Jog are highly encouraged to register before November 17th to ensure that they receive a t-shirt.

Payment Method(s): Send check or money order (made out to the James Monroe High School) along with this registration form to: Fredericksburg Jingle Bell Jog James Monroe High School 2300 Washington Ave, Fredericksburg VA 22401. On-line registration available at www.racetimingunlimited.org

Thank you to our sponsors:

Proceeds benefit James Monroe's Class of 2018

Last Name:

First Name:

Address:

City:

State:

Zip Code:

Date of Birth (mm-dd-yy)

Age:

Sex M/F

 M F

T-Shirt Size (circle one no shirt after Nov 17):

YS	YM	YL	
AS	AM	AL	AXL
AXXL			

Please check one:

Runner

Walker

5 km - Registered or Postmarked before November 17, 2017: \$25 each or Families of 3 or more: \$20 each

5 km - Late Registration November 17 to December 8, 2017: \$30 each or Families of 3 or more: \$25 each

5 km - Race Day Registration: \$30 each

Elf Run \$20 each

Please check one estimated finish time:

Under 22:00

31:01 – 35:00

Over 53:00

22:01 – 25:00

35:01 – 41:00

25:01 – 28:00

41:01 – 47:00

28:01 – 31:00

47:01 – 53:00

(No check assumes runner)

(Any form received without an estimated time will be placed in the last wave)

E-Mail:

Phone:

In consideration of the foregoing, I for myself, executors, and administrator, waive and release any and all rights and claims for damages I may have against James Monroe High School and any and all participating sponsors and supporters for all claims and damages, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to sue my likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Your Signature _____

Parent Signature if under 18) _____