



ANNUAL PARK RIDGE 5K & 1-MILE FUNdraiser RUN March 20, 2010



Race Information

DATE: Saturday, March 20, 2010 - 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

2000 Parkway Boulevard

Stafford, VA 22554

5K Run/Walk

* \$20.00 entry fee

* \$22.00 entry fee after March 1st

* \$25.00 entry fee on race day

\$20 race entry fee includes t-shirt; other race entry fees t-shirt not included. This out and back course is USATF certified #VA03039RT.

1-Mile Fun Run/Walk

* \$14.00 entry fee

All pre-registered race participants will receive a t-shirt (if registered by March 1st) and a finishers medal.

Interschool Competition

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

Please list your school at the bottom of the form.

Registration Information

Mail-in Registration

Please complete the information below, detach and mail that section with payment to:

Park Ridge Elementary School PTO
2000 Parkway Boulevard
Stafford, VA 22554

ONLINE Registration

You can find more information and register online at

www.racetimingunlimited.com

Click on *Races for all ages* to find us.

Packet pickup

Friday, March 19th - from 4:00 p.m. to 8:00 p.m.
at Park Ridge Elementary School

AND

Saturday, March 20th - Race day beginning at 6:30 am

Trophies, Awards, Prizes & Raffles

Stick around after the races for awards, raffle and race number prize drawings and GREAT hospitality. Raffle tickets will be available for sale on race day for \$3.00 each.

Have more questions?

Feel free to email us at parkridge5k@yahoo.com.



FREE Child Care - BOOK NOW!

Need child care to run? Manned by our teachers and volunteers, if your child is potty-trained AND three years or older, they are welcome to hang out in our KID'S CORNER while YOU participate in the race. Open 7:15 - 9:45 am.

Park Ridge Elementary 5K & 1 Mile FUNdraiser Run Saturday, March 20, 2010

Please Print **ONE** Entry Form Per Participant—Non Transferable - be sure to complete **ALL** fields of information.

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

Address: _____
Home phone: _____
Cell Phone: _____

Gender: ___ M ___ F **Date of Birth:** _____ **Age on Race Day:** _____ **Event:** ___ 5K ___ 1-Mile

Kids' Corner Reservation: ___ NO ___ YES

Please email names and ages to parkridge5k@yahoo.com making subject "Kid's Corner Reservation"

Race Day Shirt Information (t-shirt included if registered by March 1st)

YOUTH: ___ S ___ M ___ L

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

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