



# Annual Park Ridge 5K & 1-Mile FUNdraiser Run/Walk! March 17, 2012



## RACE INFORMATION

**DATE:** Saturday, March 17, 2012 – rain or shine

**TIME:** 5K Run/Walk begins at 8:00 a.m.

1-Mile Fun Run/Walk begins at 9:00 a.m. (2 heats)

**LOCATION:** Park Ridge Elementary School

2000 Parkway Blvd., Stafford VA 22554

### 5K Run/Walk

\$25.00 entry fee

\$27.00 entry fee after March 2<sup>nd</sup>

\$30.00 entry fee on race day

\$25 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

\$15.00 entry fee for any participant

Elementary school aged participants will receive a finisher's medal.

All pre-registered participants will receive a t-shirt if registered by March 2<sup>nd</sup>.

Awards only for elementary school aged participants.

### 1-Mile Interschool Competition

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

Please list your school at the bottom of the form.



### Have more questions?

Please email us at [parkridge5k@yahoo.com](mailto:parkridge5k@yahoo.com).

## REGISTRATION INFORMATION

### Mail-In Registration

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

Park Ridge PTO

ATTN: 5K Committee

2000 Parkway Blvd., Stafford, VA 22554

### Online Registration

More information, a course map, and online registration:

[www.racetimingunlimited.org](http://www.racetimingunlimited.org)

### Race Packet Pickup

Park Ridge Elementary School

Friday, March 16<sup>th</sup> from 4:00 – 8:00 p.m.

Saturday, March 17<sup>th</sup>, Race day, beginning at 6:30 a.m.

### Trophies, Awards, Prizes, and Raffles!

There will be 2 Awards Ceremonies; one following each race\*

Join us for Awards, Raffle, Race Number Prize Drawings, and GREAT hospitality!

Raffle tickets available for \$3.00 each.

### FREE 5K Child Care – BOOK NOW!

Need child care to run the 5K? If your child is potty-trained AND 3-years or older, they are welcome to stay in our KID'S CORNER manned by our teachers & volunteers while YOU participate in the 5K.

Open 7:15-9:00 a.m.

\*Race prizes for the 5K will be awarded at the conclusion of that race; approximately 8:45 a.m.

Race prizes for the 1Mile will be awarded at the conclusion of that race; approximately 9:45 a.m.

## Park Ridge Elementary 5K & 1-Mile FUNdraiser, Saturday, March 17, 2012

Please print ONE entry form per participant – Nontransferable – Be sure to complete ALL fields.

NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

AGE ON RACE DAY: \_\_\_\_\_ EVENT: \_\_\_\_\_ 5K \_\_\_\_\_ 1-Mile

GENDER: \_\_\_\_\_ M \_\_\_\_\_ F DATE OF BIRTH: \_\_\_\_\_

Kid's Corner Registration: \_\_\_\_\_ No \_\_\_\_\_ Yes\*

\*Please email names and ages to [parkridge5k@yahoo.com](mailto:parkridge5k@yahoo.com) with subject "Kid's Corner Reservation"

Race Day Shirt Information (t-shirt only included if registered by March 2<sup>nd</sup>)

Youth: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L

Adult: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL

Please make CHECKS payable and mail to: Park Ridge PTO; ATTN: 5K Committee; 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 reason – NO RAIN DATE, NO TRANSFERS, NO REFUNDS. Race management reserves the right to change prizes and awards.

Participant Signature \_\_\_\_\_

Date \_\_\_\_\_

Elementary School Name (students only) \_\_\_\_\_

PLEASE NOTE: NO Strollers or Dogs Allowed

PRES Teacher (PRES students only) \_\_\_\_\_

### OFFICE USE ONLY

Date Received: \_\_\_\_\_ Cash: \_\_\_\_\_ - or - Check #: \_\_\_\_\_ Check Amount: \_\_\_\_\_