



Benefiting the Frederick County Education Foundation and the FCPS Winning with Wellness program

Saturday, April 5, 2014 (Rain or Shine)

8:30 a.m. Kids Fun Run and 9:00 a.m. 5K Run/Walk

- Location:** Admiral Byrd Middle School. Parking will be at Admiral Byrd Middle School and Evendale Elementary School.
- Course:** The Kids 1 Mile Fun Run begins on the Admiral Byrd Middle School track, travels around Evendale Elementary School, and ends with a sprint finish back on the track. The 5K Run/Walk is a measured 5K (3.1 Mile) course on paved surfaces and roads around Admiral Byrd Middle School and Evendale Elementary School.
- Awards:** Results will be calculated using ChronoTrack B tag timing, which is a disposable chip attached to each runner's bib number. The chip records the exact time a runner crosses the start and finish lines, allowing for faster results and a more timely awards ceremony. Awards will be given to the top three men and women overall, top Masters (40 & over) man and woman and the top three male and female finishers in the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over. There will be no duplication of awards and a brief awards ceremony will be held at the conclusion of the 5K.
- Kids Fun Run:** The Kids Fun Run is open to children ages 6-12. Awards will be given to the top two male and female finishers in the following age groups: 6-8, 9-10, and 11-12.
- Entry Fee:** The Kids Fun Run entry fee is \$8 prior to March 5; after that date the cost will be \$10 until March 22. From March 22 until race day the entry fee is \$15. The 5K Entry fee is \$15 for registrations submitted prior to March 5; after that date the cost will be \$20. All registrations received after March 22 and on race day will be \$25. SVR members will receive a \$2 discount. **T shirts will be guaranteed to all participants who register prior to March 22 and will be available for all registrants after March 22 and race day registrants as supplies last.**
- Race Day:** Packet pick-up and race day registration will be available from 7:15-8:15 a.m. for the Kids Fun Run and 7:15-8:45 a.m. for the 5K Run/Walk at Admiral Byrd Middle School. **Please note that road closures will begin at approximately 9:00 a.m. due to use of roads for the 5K course.**
- Registration:** Please complete, sign, and date the registration form below and return to the address listed. Online registration and payment with IM Athlete is available at <http://www.imathlete.com/events/WinningWithWellness5k>.
- Race Policies:** Please no pets, headphones, strollers, or roller blades will be permitted in the 5K or Kids Fun Run.
- Questions:** Please visit <http://wellness5k.fcpsk12.net> for additional information.



Registration Information

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone: _____ Date of Birth: _____

E-mail: _____ Age as of 4/5/2014: _____ Additional Contribution: \$ _____

Shirt Size (Adult Only): S M L XL Youth: S M L Gender: M F SVR Member (Save \$2.00): Y N

5K Entry Fees: \$15 before 3/5/14	\$20 before 3/22/14	\$25 after 3/22/14
Kids Fun Run: \$8 before 3/5/14	\$10 before 3/22/14	\$15 after 3/22/14

Make checks payable to: Frederick County Public Schools

Mail to: Frederick County Public Schools, Attn: Jennifer Rydholm, 1415 Amherst St., Winchester, Va. 22601

Waiver: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any of the following or its successors and/or, assigns, as their interests may appear: the Frederick County Education Foundation, the Shenandoah Valley Runners, Admiral Byrd Middle School, Evendale Elementary School, County School Board of Frederick County, Virginia, Frederick County Public Schools and all employees of Frederick County Public Schools, and all additional contributors, sponsors and assigns for any injuries suffered by me in the scheduled April 5, 2014 event. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. In addition, I understand that if the Fun Run or 5K is canceled by circumstances beyond the control of organizers, my entry fee will not be refunded. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for legitimate purposes. I attest and verify that I am physically fit and have effectively trained to complete this race and have completed this entry form honestly. This is a fundraiser.

Signature: _____ Date: _____

(Parent / guardian if under the age of 18) **Note: Children may not be dropped off without parental supervision.**