



Run for the Schools

5K Race PLUS 1 Mile Family Fun Run/Walk

**B-Tag (Bib)
Timing
System**

**Cash &
Equipment
PRIZES**

**DRY-FIT
T-SHIRTS
FOR
REGISTERED
RUNNERS &
WALKERS**

**Post Race
Awards
Ceremony and
Block Party**

**CELEBRITY
APPEAR-
ANCES**

AND MORE!!!

Date: Sunday, September 18, 2011 **Time:** 8:00 a.m./8:05 a.m. for walkers
Entry Fee: *Early Bird registration: \$30 for runners/walkers and Team members until 8/1/2011.
After 8/1 \$35. There will be no team registration on Race Day.

Starting line: 300 Block of Park Avenue, Falls Church, VA

Course: The course winds through the tree-lined streets of historic Falls Church City, a mix of hills and flat stretches. Water will be available along the course.

Advance Registration: Online: www.active.com, click **Run for the Schools 2011**.
Or Mail-in by September 15, 2011

Packet Pick-Up and late registration: Friday, Sept. 16, at the Road Runner Sports in Falls Plaza-East from 4-8 pm, Saturday, Sept. 17, Fall Festival at Cherry Hill Park from 10-4 pm.

Proceeds will benefit the Falls Church Education Foundation, a 501(c)3 tax-exempt organization.
For more information, visit the Foundation's website, www.fcdef.org or call (703) 538-3381.

No bicycles, skateboards, or rollerblades please!

Run for the Schools Mail-In Registration

One form per participant

Please check one:

5K OR 1 Mile Family Run/Walk

- Early Bird \$30 After 8/1/2011 \$35
- Individual Wheelchair athlete
- Family (\$30 or \$35* per adult /\$5 per child under 12 yrs)

For an additional contribution of \$10 per walker/runner you'll receive a pair of race shoelaces. Proceeds will benefit the FCEF Academic Boosters Fund and may be designated to school of choice for enrichment activities:

MD TJ MEHMS GMHS

Total (payable to FCEF) _____

T-Shirt size (circle one)

WXS WS WM WL WXL
MS MM ML MXL
No Youth sizes

Must register before 8/20 to receive your size preference

Waiver must be read and signed:

In consideration of my application being accepted, I hereby agree to waive or release any and all rights that I, my Estate or my heirs may have to make a claim against the organizers and sponsors of the Run for the Schools or any of its members or officers arising from any damages, injury, or death which I might sustain while participating in the Run for the Schools. I further agree to indemnify and hold harmless all of the foregoing from any claims which I might make or which might be made on my behalf by others, or which might be made against me by others, arising from participating in the Run for the Schools. I verify that I am physically fit and have sufficiently trained for the competition of this race and my physical condition has been verified by a licensed physician. I further verify that I am familiar with the running course and the general area, the traffic, the conditions of the roads, and I assume all the risks of running in this race. I further agree that the organizers of the event, and its members or officers have taken all necessary safety precautions, and they do not warrant the safety of this course.

Signature _____ Date _____ Parent's signature if under 18 _____



**FALLS CHURCH
EDUCATION FOUNDATION**

*Make Checks Payable and
return to:*
**Falls Church Education
Foundation**
800 W. Broad Street,
Suite 203
Falls Church, VA 22046