



# Run for the Schools

## 5K Race PLUS 1 Mile Family Fun Run/Walk

**Date:** Sunday, September 13, 2009

**Time:** 8:00 a.m.

**Entry Fee:** Online and Mail-in registration: \$25 individual; \$20 for team members (6 or more) \$50 per family (up to 5)

(No registration or fee required for Family Fun Run/Walk—you must register to receive a t-shirt)

Cash & Equipment PRIZES  
T-SHIRTS FOR REGISTERED RUNNERS & WALKERS  
CELEBRITY APPEARANCES  
AND MORE!!!

**Starting line:** Corner of N. Maple Avenue & Park Avenue, Falls Church, VA (one block west of the intersection of Broad Street/Route 7 and Washington Street/Route 29)

**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.fcedf.org](http://www.fcedf.org), click **Run for the Schools 2009!**

**Or Mail-in** by completing the form below and mailing to the address indicated by September 10, 2009

**Packet Pick-Up:** Friday, Sept. 11, at the Road Runner Sports in Falls Plaza-East from 4-8 pm, Saturday, Sept. 12, Fall Festival at Cherry Hill Park from 9-4 pm.

Proceeds will benefit the Falls Church Education Foundation, a 501(c)3 tax-exempt organization. Parking will be available at municipal lots at Cherry Hill Park and along Park Avenue (behind CVS near intersection with N. Maple Avenue).

### Run for the Schools Mail-In Registration

Register for:

5K Race OR  1 Mile Family Fun Run/Walk

Individual  Wheelchair athlete

Family (up to 5 family members)

Team Registration (6 or more members)

**FEE**

\$25.00

\$50.00

\$20.00/Team member

FALLS CHURCH EDUCATION FOUNDATION



Name \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

email \_\_\_\_\_

Phone \_\_\_\_\_

**Team Name:** \_\_\_\_\_

Total (Payable to FCEF): \_\_\_\_\_

Individual Participant/Family Member #1, Age, Gender \_\_\_\_\_

Family Member #2/Team Member #2, Age, Gender \_\_\_\_\_

Family Member #3/Team Member #3, Age, Gender \_\_\_\_\_

Family Member #4/Team Member #4, Age, Gender \_\_\_\_\_

Family Member #5/Team Member #5, Age, Gender \_\_\_\_\_

Member #6, Age, Gender \_\_\_\_\_

Age and Gender information is required to be eligible to receive prizes

**Waiver must be read and signed**

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

Brought to you by:




**ROADRUNNER SPORTS**  
World's Largest Running Store.

Corporate Sponsorships are available please call 703-538-3381

Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent's signature if under 18 \_\_\_\_\_

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.