



Winning with Wellness

5K Run/Walk & Kids Fun Run



Benefiting the Frederick County Educational Foundation

Saturday, May 12, 2018 (Rain or Shine)

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

- Location:** NEW Frederick County Middle and Gainesboro Elementary School. 4651 N Frederick Pike Winchester, VA 22603.
- Course:** The Kids One Mile Fun Run begins on the Frederick County Middle School track, travels around Frederick County Middle School, and ends with a sprint finish back on the track. The 5K Run/Walk is a measured 5K (3.1 mile) route on paved surfaces and roads around Frederick County Middle and Gainesboro Elementary School.
- Awards:** Results will be calculated using SVR Ipico chip timing system. This system uses an RFID chip that is attached to each runner's shoe. 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. **A brief awards ceremony will be held at the conclusion of the 5K along with a drawing of random prizes including Frenchies Frozen Yogurt, 5 Star Auto Spa gift certificates, and so much more!**
- Kids Fun Run:** The Kids Fun Run is open to children ages 5-12. All participants will receive a ribbon of completion. Awards will be given to the top two male and female finishers in the following age groups: 5-6, 7-8, 9-10, and 11-12.
- Entry Fee:** The Kids Fun Run entry fee is \$12 until May 12. Race day entry fee is \$20. The 5K entry fee is \$20 until May 12. Race day entry fee will be \$30. SVR members will receive a \$2 discount. **Performance T-shirts will be guaranteed to all participants who register prior to April 28 and will be available for all registrants after April 28 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 in the Gainesboro Elementary School cafeteria.
- Registration:** Please complete, sign, and date the registration form below and return to the address listed. Online registration and payment is available at runsignup.com/Race/VA/Winchester/WinningwithWellness5KRunWalkKidsFunRun.
- Race Policies:** Please no pets, headphones, strollers, or roller blades will be permitted in the Kids Fun Run or 5K course.
- Questions:** Please email questions to owensh@fcpsk12.net or visit the race's web site wellness5k.fcpsk12.net.



Registration Information

Name: _____ Address: _____

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

E-mail: _____ Age as of 5/12/2018: _____ Additional Contribution: \$ _____

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

Kids Fun Run Entry Fees:	\$12 before 5/12/18	\$20 Race Day
5K Entry Fees:	\$20 before 5/12/18	\$30 Race Day

Make checks payable to: Frederick County Public Schools

Mail to: Frederick County Public Schools, Attn: Hilda Owens, 2239 Front Royal Pike, Winchester, VA 22602

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: City of Winchester, County of Frederick, RunSignUp.com, the Frederick County Education Foundation, the Shenandoah Valley Runners, Frederick County Middle School, Gainesboro Elementary School, County School Board of Frederick County, Virginia, Frederick County Public Schools and all employees of Frederick County Public Schools, all race officials, and all additional contributors, sponsors and assigns for any injuries suffered by me in the scheduled May 12, 2018 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.**