



Potomac PTA 5K & 1 mile Fun Run

September 22, 2019

5K begins @ 8:00AM
1 Mile Fun Run begins @ 9:30AM

Location:
 Potomac Elementary
 16495 15th Street
 Dahlgren, VA 22448
 (540) 663-3322

Online registration: www.racetimingunlimited.org	5K Registration \$20.00 Registration \$23.00 after Sep. 6, 2019 \$26.00 race day Tech shirt add \$12 to registration -not guaranteed after 09/06/2019	1 Mile Fun Run \$12.00 Registration \$15.00 after Sep. 6, 2019 \$18.00 race day Tech shirt add \$12 to registration -not guaranteed after 09/06/2019
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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Date of Birth (mm-dd-yy)		Age (day of race)	M/F	E-Mail Address		

Today's date

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Last Name

First Name

Address

City

State

Zip Code

Grade Race Day

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 the 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 Potomac Elementary PTA, Potomac Elementary and all its agents, officers and employees, King George County and all its agents, officers and employees, the sponsors of this race, any government entities, 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. No rollerblades are permitted. Race management reserves the right to alter or cancel the race for safety reasons - NO RAIN DATE, NO TRANSFERS, NO REFUNDS. Race management reserves the right to change prizes and awards.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Signature (Parent Signature if under 18)			Date	Phone number		

Circle One:	ADULT Men's				ADULT Women's				YOUTH		
	S	M	L	XL	S	M	L	XL	S	M	L
ADD \$12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Registration	<input type="text"/>
Tech Shirt (Optional) \$12	<input type="text"/>
Donation (Optional)	<input type="text"/>
Total	<input type="text"/>

Awards: 5K Finishers: Top male/female in all age groups will receive an award. Age groups: 14 and under, 15-29, 30-39, 40-49, 50-59, 60+)
1 Mile Fun Run: Top three male/female finishers in the following age groups: 4 and under, 5-6, 7-8, 9-10, and 11-12.
 All 12 years and under fun run participants will receive a participatory medal.

Packet pickup info
Friday-September 20, 2019, 4:00-5:00 Potomac Elementary
Also available for pickup on race day morning beginning @ 7:00 AM

Make checks payable to: PES PTA
 Mail to: PES, ATTN: Jenn Tharp - Race Director, 16495 15th St. Dahlgren, VA 22448