



Beechtree Elementary

ANNUAL 5K RUN/WALK



WHEN: Saturday December 10th, 2016 at 9:00am

WHERE: Beechtree Elementary School

3401 Beechtree Lane, Falls Church VA 22042

WHO: Anyone who would like to participate.

HOW: New this year we will have a timing system and online registration. Register online at <http://BeechtreeElementary5K.itsyourrace.com>.

There is a \$2.95 fee to use a credit card to process payment. If you prefer you can drop off cash/check to the Beechtree School office with the form on the back filled out. Make the checks payable to Beechtree Elementary School PTA.

COST: Adults \$25.00, FCPS Student \$15.00

QUESTIONS: Please contact Heather Chmura at 703-946-5791 or hmchmura@verizon.net with any questions.



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Race Website: Information about the race can be found at

<http://BeechtreeElementary5K.itsyourrace.com>. This year the results will be posted on this website after the race.

REGISTRATION All participants MUST register by Monday November 28th in order to receive a T-shirt. You may register after the 28th or the day of the race but will not receive a T-shirt.

Online registration: <http://BeechtreeElementary5K.itsyourrace.com>. If you would prefer to fill out this form and drop off at the Beechtree Office you may do so. Please make checks payable to Beechtree ES PTA.

PACKET PICK-UP: Each bib will have a chip to record your time and is associated with a specific runner.

- Friday December 9th from 4pm-7pm.
- Saturday December 10th from 7:30am-8:45am.

5K RUN/WALK The course will be lined with volunteers in orange vests and police at any major intersections to ensure safety. Please know that students in 5th grade or below should be running with an adult or teenager. This is a certified 5k route. It will begin and end in front of Beech Tree ES. There will be a water stop half way through the course as well as at the finish line. For anyone coming to cheer on a runner, Beech Tree offers plenty of cheering spots at the start/finish line as well as bathrooms inside the school.

WEATHER The race is held rain or shine! It will be cold in December so dress accordingly. We will have the cafeteria open prior to the race so that you can wait in a warm place. There will also be bathrooms available in the school.

Each runner must fill out their own form

School Name: _____ Student \$15.00 or Adult \$25.00

First Name _____ Last Name _____ Age : _____

BUDDY RUNNER (Adult) _____ Age: _____ (must have buddy runner if 5th grade or under)

Contact Email _____

Student T-Shirt Med. Youth Large Youth Small Adult Med. Adult Large Adult XL Adult

Adult T-Shirt Large Youth Small Adult Med. Adult Large Adult XL Adult 2XL Adult 3XL Adult

The following must be signed by the runner or parent/guardian if under 18: Registrants and their accompanying family members and friends participating in the 5K Run/Walk on December 10, 2016, hereby assume full responsibility for the risk of property damage, bodily injury, or death. By your signature below, you certify your understanding that the race will occur, in part on property not owned by the Fairfax County School Board (FCSB). Therefore, you also certify your understanding that neither the FCSB nor its employees and volunteers have any responsibility for the maintenance and condition of that property. Further, you understand that the FCSB provides no accident, medical, or health insurance coverage for race participants. By your signature below, you certify that, to your knowledge, you and your child (if applicable) are medically able to participate in this 5K or Fun Run race. In consideration of the safety of all participants, you understand that absolutely no baby joggers, baby strollers, headphones, animals, skateboards, skates, rollerblades, or bicycles are allowed on the 5K course. In addition, you understand that if the 5K is canceled by circumstances beyond the control of the organizers, your entry fee will not be refunded. Further, you grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature _____ Date _____

Parent or Guardian Signature is required for participant under 18.