5th Annual Jingle Run
5K Run/2 Mile Walk/Kids Mile
Saturday December 12, 2009
Fort Ashby, WV

Course: The course is located on Dan's Run Road. It will begin and end at Fort Ashby Primary School.

Age Groups: 13 and under; 14-19; 20-29; 30-39; 40-49; 50-59; 60 and over

Awards: Overall male and female; Top three finishers per age/gender group; Ribbons to all kids mile participants

Entry Fee: $15.00 5K/2 mile walk; $8.00 Kids mile if post marked by **December 2nd**
$18.00 race day

Checks payable: Frankfort High School

Schedule:		
	5K/2 mile walk	9:00am
	Kids mile	Conclusion of 9:00 race
	Awards	Conclusion of Kids

Mail to: Amanda Moreland
PO Box 802
Ridgeley, WV 26753

Questions: 301.707.1131
or
a_moreland_2@yahoo.com

Frankfort High Cross Country thanks you for your support!

Name:_____ Age:_____ Gender: M F

Address:_____ _____ _____ _____
Street/PO Box City State Zip

Phone:(_____)_____-_____

5K_____ 2 mile walk_____ Kids mile_____

Tee shirt size: S M L XL XXL Youth_____ Adult_____
*Extra tee shirts will be available on race day while supplies last.

X_____ X_____
Signature Parent/Guardian (if under 18)

Waiver and Release: I recognize that participation in this event may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement including but not limited to falls, contact with participants, effects of weather, road and traffic conditions, these risks being unknown and appreciated by me. Having read this waiver release and considering the acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release Frankfort High School, Queen City Striders, Road Runners Club of America, all sponsors and hosts and their representatives and successors from any claim of liability arising from my involvement in this event. I do hereby consent to the use of my name and/or photograph in connection with publicity about the race.