



2nd ANNUAL 5K and KIDS 1-mile FUN RUN
Sponsored by: FUNCTIONAL FITNESS 4 KIDS & SEE MOMMY RUN

Saturday, June 7, 2008

Van Dyck Park
 3720 Old Lee Hwy. Fairfax, VA 22030
 1-mile fun run 8:00am & 5K Run/Walk 8:30am

Advance Registration: 5K: \$20 & 1-mile fun run (adults welcome): \$15
All participants will receive a T-shirt

Race Day Registration: Race day registration begins at 6:30am and ends at 8:00am.
 Registration fees increase to \$30 for the 5K and \$20 for 1-mile on race day.

Packet Pick-Up: Packet pickup on Friday, June 6, 2008 at **PACERS in downtown Fairfax** on
 Friday, June 6th from **5pm to 8:00pm** or pickup your packet before 8am on race day

Awards: Prizes will be awarded to the top 3 male and female overall finishers. Awards for top male and female in age categories (*ages: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60+*). There will also be post-race price drawings – Must be present to win!

***The course has completely changed from last year!**

For further race information please visit www.FF4K.org or E-Mail us at: race@FF4K.org

ENTRY FORM Mail to: *Functional Fitness 4 Kids, Inc. Attn: Race Planner*
 603 Bay Front Drive, Ft. Washington, MD 20744

Make checks payable to Functional Fitness 4 Kids, Inc. or register online at Active.com

Racer's Last Name:	First:	
Address:	Gender:	Age:
City:	State:	Zip:
E-mail:	Phone:	
T-Shirt Size (please circle): Adult Sizes S M L XL XXL		
I would like to participate in (please circle): 5K or 1-Mile	Amount Enclosed: \$	
<small>I know that running and volunteering to work in a club race are potentially hazardous activities. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running and volunteering, including, but not limited to falls, contact, the affect of weather, the conditions of the road and traffic, all such risk being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, myself and anyone entitled to act on my behalf, waive and release FF4K and SeeMommyRun, and all sponsors from all claims or liabilities of any kind arising out of my participation in this activity, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.</small>		
Signature (parent's if under 18):	Date:	