

FALLS CHURCH HIGH SCHOOL

15th Annual Jaguar 5K Run/Walk & Kids 1 Mile Fun Run



Supporting FCHS Athletics

Saturday, April 25, 2020

(8:00am - Kids 1 Mile Fun Run, 8:30am -5K Run/ Walk)

PRE-REGISTRATION Please fill out a separate registration form for each participant. Race directors reserve the right to deny participation. No refunds to late arrivals. Make checks payable to Falls Church HS and return signed forms to Falls Church High School, ATTN: Belinda Kim, 7521 Jaguar Trail, Falls Church, VA 22042. To pay by credit card, register online at www.jaguar5k.com. For more information or questions please contact Jeanne Kelly, Director of Student Activities, FCHS, at 703-207-4025 or jkelly@fcps.edu

REGISTRATION

- Kids' 1 Mile : Early Registration \$10 (by April 24, Race Day Registration \$15, Main Gym Lobby, 6:30am – 7:45am
5K Run/Walk: Registration prior to March 31st \$20, Registration April 1-24, \$35, Race Day Registration \$40 (FCHS Main Gym Lobby 6:30am – 8:00am)

PACKET PICK-UP FCHS Main Gym Lobby, entrance # 8. Friday, April 24, from 5:30 pm - 7:30 pm or Saturday, April 25, from 6:30 am – 8:00am. Fun Run packets should be picked up by 7:45am.

5K AWARDS CATEGORIES AND TEAM COMPETITIONS Please see website (www.jaguar5k.com) for details regarding awards and team competitions. All participants in the Kids' 1 Mile Fun Run will earn a ribbon.

COURSES: Kids' 1 Mile Fun Run will begin and end on the FCHS track. Kids will stay on the FCHS campus. 5K Run/Walk USATF Certified, Timing by RaceWire. This race will be chip timed. The 5k course starts and ends on the campus of FCHS and goes through the Broyhill Park neighborhood. The 5K race map can be found on www.jaguar5k.com

DIRECTIONS From I-495, take US-50/Arlington Blvd, exit 50A-B towards Arlington. Merge onto US-50/Arlington Blvd. Turn right at first light onto Jaguar Trail.



5K - \$20 on or before March 31, \$35 April 1 -April 24, \$40 Race Day Please accept the enclosed donation of \$

Kids' 1 Mile Fun Run (13 and under) - \$10, \$15 Race Day I would like to volunteer- call/email me at

First Name Last Name Female Male

Street City State Zip Code

Age on Race Day Email

Are you a student? Yes No If YES, name of school.

T-Shirt Size: Med. Child Large Child Small Adult Med. Adult Large Adult XL Adult 2XL Adult

Teams If you are participating on a team, please write team name here: (EX: Hoppin' Historians or Science Sprinters) Members of a team need to use the same name.

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 or Fun Run on April 25, 2020, I 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 or Fun Run course. In addition, you understand that if the 5K or Fun Run is canceled by circumstances beyond the control of the organizers, your entry fee will not be refunded. Further, I understand that photographs, motion pictures, recordings or any other record of this event for legitimate purposes may be posted.

Signature Date

Parent or Guardian Signature is required for participant under 18.

RAIN or SHINE! No headphones, animals, in-line skates, skateboards, baby strollers, or bicycles please.