



A 5K Run/Walk for the entire family!
 All ages and abilities welcome.
 Everyone is a winner!

Saturday, May 9th, 2009
7:00 AM

Entry Fee:

At least one non-perishable food item per entrant to benefit the



- Registration begins at 6:00 AM in the Sophia Street Parking Lot
- Don't forget to bring a food item to donate!!
- Children under 12 years of age must be accompanied by an adult during the entire event
- This 5K run/walk will start and finish at the Sophia Street Parking lot on the corner of Sophia and Amelia in Downtown Fredericksburg.
- Run course is an open course, rain or shine.
- Spread the word! Feel free to copy and pass this form along.

SPONSORED BY THE FREDERICKSBURG STAKE OF THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

(Each family can use one registration form.)

Name: _____

Name: _____

Name: _____

(List names of other participating family members on back.)

Mail Registration Forms To:

Family Fun 5K
 4500 Plank Rd. Suite #1012
 Fredericksburg, VA
 22407

Any questions, email:
fredfam5k@yahoo.com
 or call (540) 710-6665

Address: _____ Phone: () _____ City: _____

State: _____ Zip: _____ How did you learn about this run? _____

I know that running a road race is potentially a hazardous activity. 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 am aware of and assume all risks associated with participating in this event, including high heat, humidity, traffic, conditions of the road, etc. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release the Church of Jesus Christ of Latter-day Saints, the Fredericksburg Area Food Bank, the City of Fredericksburg, and all race sponsors, their representatives and successors from all claims and liabilities of any kind arising from my participation in this event.

(A signature is required from each adult participant, and children ages 12-17 running without their parents. Use the back if more room is needed.)

Signature: _____ Print: _____ Date: _____

Signature: _____ Print: _____ Date: _____

(Adult/Guardian signature required for those 17 years and younger.) (Reminder: Children under 12 must be accompanied by an adult at all times.)

Signature: _____ Relationship: _____ Date: _____

