



# FALCON 5K

*\*and 1 mile FUN RUN\**

## Saturday, May 15, 2010

Registration Form  
(1 per participant please)

8:00 AM 1 mile Fun Run

8:20 AM 5K Run/Walk

**“YOU MUST BE REGISTERED TO RUN”**

**WHERE:** Holy Family Catholic School  
14160 Ferndale Road, Dale City, VA

**REGISTRATION:** You may register online at [www.active.com](http://www.active.com) or use the form below

**RACE PACKET PICK UP:** Friday, May 14<sup>th</sup> from 4 – 6:30 PM in  
Holy Family School Gym or race day morning 6:30 – 7:45AM

**CONTACT INFORMATION:** Sarah Chevlin, Race Coordinator, [schevlin@holyfamilydalecity.org](mailto:schevlin@holyfamilydalecity.org)  
703-670-3138 /703 906-7357

Mail to: **FALCON 5K - Holy Family School**  
14160 Ferndale Road Dale City, VA 22193  
(Make checks payable to Holy Family School)  
Regular entry fee if registered on or before May 1<sup>st</sup>

- 8 AM                    **1 mile fun run**                    \$8 without shirt or \$10 with shirt
- 8:20 AM                    **5K run/walk**                    \$20 shirt included

**\*\*\*\$25 RACE DAY REGISTRATION FEE – ALL races – no guarantee of a t-shirt\*\*\***

**Last Name** \_\_\_\_\_ **First Name** \_\_\_\_\_ **Age** \_\_\_\_\_

**Street Address** \_\_\_\_\_ **City/State/Zip** \_\_\_\_\_

**Telephone** \_\_\_\_\_ **Email** \_\_\_\_\_

T-shirt size: \_\_\_YS \_\_\_YM \_\_\_YL \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL

WAIVER – The following must be signed by the runner/walker (or parent/guardian if under 18):  
I know that running or walking in a 5K is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a Falcon 5K and 1 mile Fun Run official relative to my ability to safely complete the Run/Walk. I assume all risks associated with walking/running in this event, including but not limited to contact with other participants, effects of the weather, including high heat and/or humidity, traffic and the condition of the road/trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers and sponsors of Falcon 5K and 1 mile Fun Run and any other sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participating in the event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_