

5K Run and 1 Mile Family Fun Run/Walk
Sunday, June 5th, 2011
8:00 AM



"We run so others may walk."

Information about the Event. Please retain this page.

Operation Walk Virginia is a not-for-profit volunteer medical services organization that provides free surgical treatment for patients in developing countries that have little or not access to life-improving care for arthritis of the hip and knee.

100% of the proceeds from the 5K Run and 1 Mile Family Fun Run/Walk will be used to send the Operation Walk Virginia team to Managua, Nicaragua in October 2011.

Pre-event Details:

Please plan to pick up your race packet including t-shirt on **Wednesday, June 1st** from 4-8 PM in the Blue Lobby of Inova Mount Vernon Hospital located at 2501 Parker's Lane, Alexandria, VA. Please park in the blue lot, and enter the hospital via the blue entrance. Packet pick-up will be immediately on the left.

Packets that have not been picked up on June 1st will be available for pick-up the morning of the race at the check-in table.

Day of Event Details:

The race will be held on **Sunday, June 5^h** at Fort Hunt Park off the George Washington Memorial Parkway.

Fort Hunt Park is located approximately 6 miles south of Old Town Alexandria in Virginia along the George Washington Memorial Parkway.

From Downtown Washington, DC: take 14th Street Bridge south towards Virginia. Take exit for Mount Vernon/National Airport; this puts you on the George Washington Memorial Parkway southbound; continue past National Airport, through Old Town Alexandria (for two miles, the Parkway becomes Washington Street through Old Town; when, you reach the city limits, you are back on the Parkway); Fort Hunt Park is 6 miles south of Old Town Alexandria; exit to the right at the sign marked "Fort Hunt Road/Fort Hunt Park."

Check-in for participants begins at **7 AM**, with the race promptly starting at **8 AM** for 5K participants and **8:15 AM** for 1 Mile participants.

Choosing to participate in the 5K versus the 1 mile Family Fun Walk/Run:

Children and strollers are welcome to join the 1 Mile Family Fun Walk/Run. We do ask that all pets remain at home.

Questions?

Contact Kelli Marlow at Kelli.Marlow@inova.org, or Sarah Mossburg at Sarah.Mossburg@inova.org.

5K Run and 1 Mile Family Fun Run/Walk
Sunday, June 5th, 2011
8:00 AM



VIRGINIA

"We run so others may walk."

Registration Form

First Name: _____ MI: _____ Last Name: _____ Suffix: _____

Additional Participants: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____

Phone: _____

Registration for: 5K _____ 1 Mile Fun Run _____

I am making an additional tax deductible donation of \$ _____ to support Operation Walk Virginia.

Payment Information

Entry Fee:	Adults \$35.00
	Children 12 & Under \$15.00
**Registrations received after May 17 th can not be guarantee a T-shirt.	

Payment may be made by personal cash or check. Please make check payable to: Operation Walk Virginia. Please complete the following information, and return payment and registration form to:

Operation Walk Virginia
PO Box 8718
Alexandria, VA 22306

Please circle your shirt size:

Adult	S	M	L	XL	2XL	3XL	Circle one:	Unisex	Women's
Child	2T	3T	4T	S	M	L			

LIABILITY WAIVER MUST BE SIGNED BEFORE MAILING OR FAXING. Illegible forms will be rejected.

I know that participating in a road race is a potentially hazardous activity and I should not enter unless I am medically able. I agree to abide by any decision of a race official or medical staff to my ability to safely complete the event. I assume all risks associated with participation in this event including, but not limited to: falls, strains, the effects of the weather including heat and/or humidity, and conditions of the road. By participating in the "Operation Walk Virginia 5K / 1 mile Run / Walk," I for myself, my executors, administrators and assigns, do hereby release and discharge Operation Walk Virginia, National Park Service, INOVA Health System, and all other cooperating businesses and sponsors from all claims of damages, demands, actions and whatsoever, in any manner arising or growing out of my participation. Further, I grant full permission for the use of any photographs, recordings, or any other record in connection with this event.

Signature (parent or guardian if under 18)

Date