

# SATURDAY, APRIL 20, 2013

## 5<sup>th</sup> Annual Knights on the Run 5K



**Register early to save!!!**

Fill out the form below or register online:

**[www.runsignup.com/westridge5K](http://www.runsignup.com/westridge5K)**

5K Run: pay only \$25 before April 10, fee is \$35 April 10-20  
1 Mile Fun Run: pay only \$12 before April 10, fee is \$15 April 10-20

1 Mile Fun Run starts at 8:15 a.m. and the 5K Run starts at 8:40 a.m.

**LIKE US ON FACEBOOK!** [www.facebook.com/KOTR5K](http://www.facebook.com/KOTR5K)

**ONE PARTICIPANT PER FORM, EACH REGISTRATION INCLUDES 1 FREE T-SHIRT**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (mm/dd/yyyy) Ages 3 and under are free

AGE ON APRIL 20 \_\_\_\_\_ GENDER: M / F GRADE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

**EVENT (Circle One)** [1M Fun Run] or [5K Run] **Entry Fee (Includes 1 T-shirt) \$** \_\_\_\_\_

**SHIRT Size (Circle One)** Adult: S M L XL XXL or Youth: S(6-8) M(10-12) L(14-16)

**Additional SHIRT (\$10)** Adult: S M L XL XXL or Youth: S(6-8) M(10-12) L(14-16) \$ \_\_\_\_\_

*\*\*T-shirt size is not guaranteed after March 31\*\**

**Checks payable to: Westridge Elementary PTA**

**Mail to: Westridge Elem. School ATTN. PTA 12400 Knightsbridge Dr. Woodbridge, VA 22192 or hand deliver**

**Liability Waiver (must be signed before mailing)** I know that running a road race is a potentially hazardous activity and that 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 safely to complete the run. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road; I know and appreciate all such risks. Having read this waiver and knowing these facts, and in consideration for your accepting my entry, I, for myself and for anyone entitled to act on my behalf, waive and release the organizers and volunteers of Westridge Elementary School Prince William County, Prince William County Public Schools, Westridge HOA and all other sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, or carelessness on the part of the persons named in this waiver. Further, I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. I realize and accept that this event has a no refund policy.

**SIGNATURE** (parent or guardian if under 18) \_\_\_\_\_ **DATE** \_\_\_\_\_