



**3<sup>rd</sup> ANNUAL 5K and KIDS 1-mile FUN RUN**  
**Sponsored by: PACERS & FUNCTIONAL FITNESS 4 KIDS**

**Saturday, June 6, 2009**

[Daniels Run Elementary School](#)

3705 Old Lee Hwy; Fairfax, VA 22030

1-mile fun run 8:00am & 5K Run/Walk 8:30am

**Advance Registration:** 5K: \$26 & 1-mile fun run: \$15 – register online at <http://www.seemommyrun.com/fitfamilies.htm> or by visiting [www.FF4K.org](http://www.FF4K.org)

*The first 200 participants will receive a T-shirt*

**Race Day Registration:** Race day registration begins at 7:30am and ends at 8:30am. Registration fees increase to \$30 for the 5K and \$20 for 1-mile on race day.

**Packet Pick-Up:** Packet pickup on Friday, June 5, 2008 at PACERS – Fairfax City from 4-7. *On race day morning, packet pickup begins at 7:00am inside Daniels Run Elementary School gym.*

**Awards:** Prizes will be awarded to the top 3 male and female finishers. Awards for top male and female in age categories (*ages 9-11, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+*).



**ENTRY FORM**    Mail to: *Functional Fitness 4 Kids, Inc. Attn: Race Planner*  
*603 Bay Front Drive, Ft. Washington, MD 20744*

*Make checks payable to Functional Fitness 4 Kids, Inc. or register online at Active.com*

<b>Racer's Last Name:</b>	<b>First:</b>	
<b>Address:</b>	<b>Gender:</b>	<b>Age:</b>
<b>City:</b>	<b>State:</b>	<b>Zip:</b>
<b>E-mail:</b>	<b>Phone:</b>	
<b>T-Shirt Size (please circle): Adult Sizes S M L XL XXL</b>		
<b>I would like to participate in (please circle): 5K or 1-Mile</b>	<b>Amount Enclosed: \$</b>	
<small>I know that running and volunteering to work in a club race are potentially hazardous activities. 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 assume all risk associated with running and volunteering, including, but not limited to falls, contact, the affect of weather, the conditions of the road and traffic, all such risk being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, myself and anyone entitled to act on my behalf, waive and release FF4K and SeeMommyRun, and all sponsors from all claims or liabilities of any kind arising out of my participation in this activity, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.</small>		
<b>Signature (parent's if under 18):</b>	<b>Date:</b>	