



Run with Dad 5K & 1-Mile Fun Run Registration Form



Sunday, June 20, 2010 • 8:00 AM Start

**South Lakes High School
11400 South Lakes Dr., Reston, VA, 20191**

Join us on Sunday, June 20 at 8:00 AM for the Run with Dad 5k and 1-Mile Fun Run. The Run with Dad will run through scenic Reston, using the Reston pathway system. Join us and bring your family for a great event honoring Dads. There will also be a 1-mile fun run/walk for those not wishing to run the 5k. A commemorative race item will be given to each Dad completing the race. All preregistered runners will be given a commemorative technical short sleeve t-shirt. Food and prizes following the race.

There will be awards given to the top 3 overall males and females and to the top 3 males and females in age group categories. There will also be awards for the top father/son teams and the top multi-generational teams (3 generations). Join us and bring your family for a great event!

Registration & Packet Pickup

Obtain link to register online at www.potomacriverrunning.com. It's fast, easy, and you will receive immediate confirmation of your entry. Alternately, you may mail the completed entry form, or fax to (703) 421-6402. You can also register for the race and pick up your race packet at the following location:

Saturday, June 19, 11 AM • 4 PM
Potomac River Running Store, Reston (11911
Democracy Dr., Reston, VA 20190) 703-689-0999

Sunday, June 20, 6:30 AM • 7:15 AM
South Lakes High School (11400 South Lakes Dr.,
Reston, VA 20191)

Registration Fees

5K
\$25 until 6/1
\$30 from 6/2-6/18
\$35 on 6/19 and race day.

1-Mile Fun Run/Walk
\$20 until 6/1
\$25 from 6/2-6/18
\$30 on 6/19 and race day

Register online at www.potomacriverrunning.com, or you may pay by check, money order or Visa/Mastercard

Make checks payable to: PR Events, Inc. • **Fax:** (703) 421-6402 (credit card required)

Mail to: PR Events, Inc., Attn: Cathy Pugsley, 2 Awsley Ct., Potomac Falls, VA 20165

PLEASE NOTE: We cannot process your application unless the liability waiver at the bottom of this application is signed by each entrant. If entrant is under 18, an adult must sign on his or her behalf.

Name _____ M/F _____

Age on Race Day _____

Address _____ City _____ State _____ Zip Code _____

Phone (____) _____ E-mail _____

Event: 5K 1-Mile Fun Run/Walk

Payment

5K: \$25 until 6/1 \$30 from 6/2-6/18 \$35 on 6/19 and race day

1-Mile Fun Run/Walk: \$20 until 6/1 \$25 from 6/2-6/18 \$30 on 6/19 and race day

Form of Payment:

check money order Visa/Mastercard #: _____ Exp. date (mm/yy): _____

Shirt Size (Adult): XS S M L XL XXL

I know that running a road race is potentially hazardous and that I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, effects of weather, traffic and road conditions, all such risks being known 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 of the Run with Dad, South Lakes High School, Reston Association, Potomac River Running, Inc., PR Events, Inc., and all other sponsors, their representatives, directors, officers, employees and agents and successors from all claims or liabilities of any kind including bodily injury, death, or property damage arising from my participation in this event or carelessness on the part of the persons named in this waiver. I assume full responsibility for all liability in connection with such claims, and for having insurance for me. I agree to indemnify organizers of the Run with Dad, South Lakes High School, Reston Association, Potomac River Running, Inc., PR Events, Inc., harmless against such claims and related costs, including claims by any minor, which may be brought after attaining majority. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature _____ Date _____

Signature of parent /guardian if under 18 years of age _____ Date _____