



4th Annual 5K-Jingle Run

**2 mile Fun Run/Walk & 1 Mile 13 and under Run
Fort Ashby, West Virginia
December 13th, 2008 @ 9:00a.m.**

Hosted by: Frankfort HS Cross Country Teams

Course: The 5-K is on a measured/marked course on Dan's Run Road. It will begin and end @ the Primary school. The walk will be on the same course. Immediately following the 5K/ Run and 2 mile fun Run/Walk will be the 13 and under 1 Mile run.

Age Groups: 14 and under; 15-19 ;20-29; 30-39; 40-49; 50-59; 60 and over

Awards: OVERALL MALE AND FEMALE WINNER
Awards will go to the top three finishers in each age group, male and female. NO duplication of awards. All 13 and under participants will receive an award.

Entry Fee: For Early Registration cost will be \$15.00. ALL STUDENTS' Pre-registered will be discounted @ \$12.00. After deadline all entries will be \$20.00.
LONG SLEEVE Souvenir T-Shirts to all Pre-registered runners and on race day until they are gone. Race will be run regardless of weather!

**PLEASE MAKE CHECKS TO:
MAIL TO:**

Frankfort High School Cross Country

Linda Tappe
Race Coordinator
27 Lakeside Loop
Ridgeley, WV 26753

Questions: call Linda @
(304) 738-3925

(Please complete, sign cut off and return form with registration fee to above address.)

REGISTRATION FORM- PLEASE PRINT!!!!

Name: _____ **Age:** _____ **Male** ___ or **Female** _____

Address: _____

Street/ Po Box _____ City _____ State _____ Zip Code _____
T-Shirt (circle please) S M L XL(XXL will be \$2 extra) 5K ___ 2 mile run/walk ___ 1 mile ___
Youth _____ Adult _____ Phone number _____

Waiver of Liability:

In consideration of my entry in the Frankfort Jingle Run, I certify I am physically fit to participate and I do agree to be bound by all the rules of the race and all decisions of the official judges. I assume all risks associated with running in this race, including but not limited to falls, contact with other runners effects of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. I do hereby forever release and discharge Frankfort Cross Country Team, Frankfort High School, and the Queen City Striders, all race officials, all volunteer workers and all sponsors and their representatives, of all foregoing from any and all claims, courses of action which I, or my heirs shall have arising from a result of my participation in the said race to be held on December 13, 2008. I do hereby consent to the use of my name and/or photograph in connection with publicity about this race.

X _____ X PARENT(If under 18 years) _____