



THE WESTRIDGE ELEMENTARY PTA

presents **KNIGHTS ON THE RUN**

1 MILE FAMILY FUN RUN/WALK and 5K RUN SATURDAY, OCTOBER 9, 2010

START AND FINISH AT SCHOOL -- RAIN OR SHINE

1 MILE WALK -- 8:15AM 5K RUN (3.1 MILES) -- 8:40AM

This year the Westridge Elementary PTA is excited to host the 3rd annual Knights on the Run. As Westridge Elementary continues to promote Physical Fitness, Academic Excellence and School Spirit, this event brings the school and community together to engage in fun exercise. Proceeds from this event will be used to fund activities and purchase equipment to enrich the educational environment of the students.

Once again, we are collecting gently used & new athletic shoes for Soles 4 Souls- a nonprofit organization that ships shoes to the needy in the US and third world countries. Please bring a pair or two to donate on race day.

REGISTER ON LINE AT WWW.ACTIVE.COM OR USE THIS FORM

Postmarked on or before Sept. 14th	1M Walk - \$5.00 - excludes t-shirt
	5K Run - \$17.00 - includes t-shirt (circle size on reg. form)
**Postmarked Sept. 15th – Oct. 4th	1M Walk - \$7.00 - excludes t-shirt
	5K Run - \$20.00 - includes t-shirt (circle size on reg. form)
**Oct. 5th – Oct. 8th	Hand Deliver to School Office or Register during Packet Pick Up (SEE BELOW)
	1M Walk - \$10.00 - excludes t-shirt
	5K Run - \$25.00 - includes t-shirt (circle size on reg. form)

T-Shirts can be ordered on the Registration form---\$10.00. **T-shirt size is not guaranteed after Sept. 15

About This Event

The 5K Run is a professionally timed event. The registration fee for the 5K includes a t-shirt. Awards for the 5K are given to the top 3 male and female finishers overall. Awards are also presented to the top 3 male and female finishers in each age group. Age groups are: 8 & under, 9-10, 11-12, 13-15, 16-18, 19-25, 26-35, 36-45, 46-55, 56 and over. There are no double awards. All 5K finishers 18 and under will receive a participation medal.

Participants in the 1M Family Fun Run/Walk can view their time on the display clock as they cross the finish line, but times are not recorded. All 1M finishers receive a participation ribbon. Ages 3 and under are free.

The Elementary school with the most school age participants (excluding Westridge) will receive a "Get Fit & Never Quit" trophy for their school!

The Course

The 5K is a moderately challenging, hilly course which covers a large part of the Westridge community.

At 8:15 AM, the 1 mile participants will line up on Knightsbridge and continue to a turn-around point before the cul-de-sac end and return back down Knightsbridge turning left into the school. The finish is in the bus loop.

At 8:40 AM, after the last finishers in the 1M, the 5K participants will leave Knightsbridge Dr, right on Marquis, left on Darnley, to a turn-around point before the end. Return on Darnley, right on Marquis, left on Knightsbridge continuing until the cul-de-sac turn around, and back down Knightsbridge to the school entrance on the left. The finish is in the bus loop. There are two water and aid stations located on the course.

We welcome baby strollers, running strollers, and other children's conveyances in both the 1M Fun Run/Walk and 5K Run, provided the participants line up in the back of the pack when starting and keep a safe distance from other participants on the course. We permit the use of headphones during the race, but not at the start or finish. We do not permit dogs, bikes, skates, scooters, skateboards, Heelies, or other wheeled apparatus on the course.

Refreshments/snacks are provided for all participants after the race. All 5K & 1M participants are entered in the drawing for random prizes. Must be present to win.

Packet Pick-Up

We host packet pick-up at Westridge Elementary

- Thursday, October 8, from 9 to 11 AM and from 3:30 to 7:00 PM (Late registration OK)
- Friday, October 9, from 3:30 to 7:00 PM (Late registration OK)
- Saturday, October 10, 7:00 to 8:00 AM
- **We need volunteers for this event – Volunteers receive a free t-shirt!**
- To volunteer, contact Angela and Paul Kincheloe at paulgela@comcast.net or 703-590-1335

More Information

- Visit the PTA or School website at: www.westridgees.schools.pwcs.edu **SELECT PARENT GROUPS**

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

ONE PARTICIPANT PER REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ PHONE: _____

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

AGE ON OCTOBER 9, 2010: _____ GENDER: M / F GRADE: _____ SCHOOL: _____

EVENT (Circle One) 1M Fun Run/Walk or 5K Run Entry Fee \$ _____

5K T-SHIRT Sz. (Circle One) Adult S M L XL Youth S(6-8) M(10-12) L(14-16) **NO CHARGE**

Additional T-SHIRT (\$10.00 ea.) Adult S M L XL Youth S(6-8) M(10-12) L(14-16) \$ _____

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 _____

SPONSOR INFORMATION— If your family, business or company is able to sponsor this event, please select a category below. All donations are tax-deductible. (after making selection, we will contact you)

- Golden Knight** \$2,500 Official Sponsor, large company name/logo on front of shirt
- Silver Knight** \$1,000 Medium company name/logo on shirt
- Bronze Knight** \$500 Small company name/logo on shirt
- Blue Knight** \$350 Medium company name and website on shirt
- Gray Knight** \$100 Small family name or company name on shirt

THANK YOU FOR SUPPORTING THE WESTRIDGE KNIGHTS!