

# Get On Your Running Shoes!!



## For the 15<sup>th</sup> Annual Fall Fest Fun Run!

**Date:** Saturday, September 19, 2009

**Time:** 8:05 am – 5k run

8:10 am – 1 mile fun run/walk

**Check-In** – 7:30 am

**Where:** Upper Parking Lot

**Registration Fee** – \$15 – includes a Race t-shirt and post race goodies

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Check One:                      5K run\_\_\_\_                      1 mile run/walk\_\_\_\_

NAME\_\_\_\_\_

ADDRESS\_\_\_\_\_

CITY/STATE/ZIP\_\_\_\_\_

EMAIL\_\_\_\_\_

HOME PHONE\_\_\_\_\_

Age\_\_\_\_ Male\_\_\_\_ Female\_\_\_\_ T-Shirt size\_\_\_\_\_ (Adult S, M, L, or XL)

**Liability Waiver:** I know that a road race is a potentially hazardous activity and that I should not enter unless I am medically able and properly trained. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of weather, traffic, and the conditions of the road, all such risks being known and appreciated 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 Our Lady of Good Counsel Church, Fairfax County, and all sponsors, their representatives, and successors from all claims or liabilities of any kind rising out of my participation in this event or carelessness on part of the persons named in this waiver.

**Signature:**\_\_\_\_\_

(Signature required of parent of guardian if under 18 years old)

Registrations will not be accepted without registration fee. Return completed registration forms to:

Administration Office, ATTN Fun Run, Our Lady of Good Counsel Parish, P.O Box 97, Vienna, VA 22183  
Please contact Paul McKenney at 703-242-8227 or [pjmckenney@gmail.com](mailto:pjmckenney@gmail.com) with questions.