

Tenacity Solutions, Inc. presents the
5th Annual Wolftrap 5K and One Mile Fun Run/Walk
Wolftrap Elementary School
1903 Beulah Rd., Vienna, VA 22182
Sunday, April 18, 2010

EVENT

8:00 a.m. One Mile Fun Run/Walk

8:30 a.m. 5K Race (3.1 miles)

RACE WILL TAKE PLACE RAIN OR SHINE!

One MILE RUN/WALK: STROLLERS
WELCOME

5K RACE: WITHOUT EXCEPTION, NO
HEADSETS, IPODS, IN-LINE SKATES,
BICYCLES, STROLLERS, OR PETS ARE
ALLOWED DURING THE RACE.

Music, face painting, cake walk, a raffle, and food
will round out the perfect day of fun and family
fitness.

REGISTRATION & FEES (5K & 1 MILE)

By Mail:

Must be postmarked by April 12th

5k: \$25 Individual, \$45 Family

1 Mile: \$10 Individual, \$45 Family

Tuesday Envelope:

For Wolftrap Families, must be received by
Wednesday, April 14th

Race Day Walk-In:

6:30 a.m. – 7:45 a.m.

5k: \$30 Individual, \$50 Family

1 Mile: \$15 Individual, \$50 Family

ENTRY FEES ARE NON-REFUNDABLE

**RACE PACKET PICK UP AND LATE
REGISTRATION**

Packet pickup and walk-in registration will be held
on race day, Sunday, April 18th from 6:30 – 7:45
a.m. in the Wolftrap School Cafeteria. Wolftrap
school families will receive their registration
packets through the Tuesday envelope distribution
on April 13th if they register in advance.

AWARDS & PRIZES

For the 5K Race, prizes will be awarded to the top
female and male runners in each category.

Male & Female Overall

Male & Female 7 - 8

Male & Female 9 - 10

Male & Female 11 - 12

Male & Female 13 - 14

Male & Female 15 - 19

Male & Female 20 - 29

Male & Female 30 – 39

Male & Female 40 – 49

Male & Female 50 – 59

Male & Female 60+

Male & Female Wolftrap Teacher/Admin.

COURSE

The 5K course begins and ends at Wolftrap
Elementary and goes through surrounding
neighborhoods. Police support and safety marshals
will be stationed along the course. There will be
one water station at the ½ way point.

SPECIAL ATTENTION

Fairfax County Police request that all participants
must be able to complete 5K course within the hour.

RAFFLE

Raffle drawings immediately following awards.

EVENT PROCEEDS

Proceeds for the event will go to support the
Wolftrap Elementary PTA's educational programs
and events.

ANY QUESTIONS PLEASE CONTACT:

Rosemarie Wilson: viennawilsons1@verizon.net

JoAnne Hammermaster: joanne@hammermaster.net

Special thanks to our generous sponsors: Platinum: Tenacity Solutions, Inc.; Gold: Dr. Jeffrey Davis, Pediatric Dentistry; Ernst & Young; Pro Feed – Pet Nutrition Centers; Stratford Capital Group; Silver: bikes@vienna; Covell, Stack & Henon, D.D.S.; Dr. Allen Garai, Specialist in Orthodontics; Dr. Bonacci, D.D.S. –M.D., Oral and Maxillofacial Surgery; Dr. Dean Bennett, M.D., Commonwealth Orthopaedics; Encompass Design Build; Mathnasium of Tysons; Mountain Kim Martial Arts; Oakton-Vienna Veterinary Hospital; Radloff and Schmitz, PLLC; Sekas Homes; Sport&Health; The Belt Team – Keller Williams Realty, and The Greek Grill Family Restaurant. Thanks to Costco, Great Harvest Bread Company, Potomac River Running, Vienna Inn, Walgreen's, and Whole Foods for donating items for our racers. We offer a big thanks to all of our local sponsors for our raffle and silent auction items! See our website at www.wolftrappta.org for a complete listing!

Make check payable to: Wolftrap PTA – 5K Run
Mail form and check to: Wolftrap Elementary School
Attn: 5K Race
1903 Beulah Rd
Vienna, VA 22182

**Get your raffle tickets now! (and write only one check). Tickets are \$1 each, or 6 for \$5.
Please add _____ raffle tickets to my order.**

Would you like to donate to this event? We appreciate your support! Please add \$_____ to my order.

NAME: _____

EVENT: 5K Race _____ One Mile Fun Run _____

AGE ON RACE DAY (for 5K only): _____ GENDER: M F (circle one)

Wolftrap Student* _____ Wolftrap Employee* _____ (*check if applicable)

T-Shirt: Youth L Adult M L XL (circle size)

ADDRESS:

STREET: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

E-MAIL: _____ **PHONE:** _____

ADDITIONAL FAMILY MEMBERS:

NAME: _____

EVENT: 5K Race _____ One Mile Fun Run _____

AGE ON RACE DAY (for 5K only): _____ GENDER: M F (circle one)

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T-Shirt: Youth L Adult M L XL (circle size)

TOTAL AMOUNT ENCLOSED: _____

I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. 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 RISKS ASSOCIATED WITH RUNNING IN THIS EVENT INCLUDING BUT NOT LIMITED TO FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, INCLUDING HIGH HEAT AND/OR HUMIDITY, CONDITIONS OF THE ROAD AND TRAFFIC ON THE COURSE, 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 OF MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE WOLFTRAP ELEMENTARY PTA, WOLFTRAP ELEMENTARY SCHOOL, THE COUNTY OF FAIRFAX, AND ALL SPONSORS AND THEIR RESPECTIVE OFFICERS, EMPLOYERS, AGENTS, REPRESENTATIVES AND SUCCESSORS FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THIS EVENT EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS. I GRANT PERMISSION TO ALL OF THE FOREGOING TO USE ANY PHOTOGRAPHS, MOTION PICTURES, RECORDINGS, OR ANY OTHER RECORD OF THIS EVENT FOR ANY LEGITIMATE PURPOSE. I UNDERSTAND THAT BICYCLES, SKATEBOARDS, ROLLER SKATES, IN-LINE SKATES, ANIMALS AND HEADSETS, IPODS, AND STROLLERS ARE NOT ALLOWED IN THE RACE AND I WILL ABIDE BY THIS GUIDELINE.

Runner or Parent/Guardian for Runner Under Age 18

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ENTRY NOT VALID WITHOUT SIGNATURES