

BON AIR 5K RUN/WALK & 1 MILE FUN RUN

SATURDAY • APRIL 17, 2010



Join the fun at Bon Air's second annual 5K Run/Walk and 1 Mile Fun Run!
Run or walk with family and friends from the Bon Air community.
Afterwards enjoy entertainment, activities & shopping from local vendors
for food, crafts, plants, jewelry and more at the Eagle Market.



Register Now! Early Registration Ends April 7.

T-shirts guaranteed to all who register by April 7.

PLACE: 5K Race starts/finishes at Bon Air Elementary. 1 Mile Fun Run on school grounds.

TIME: 5K Run/Walk: 9:00 a.m. 1 Mile Fun Run: 10:00 a.m.

5K RACE: **Entry fee (by April 7, 2009): Adult: \$20 Child (12 & under): \$10**
Entry fee (after April 7, 2009): Adult: \$25 Child (12 & under): \$15
T-shirts guaranteed to all who register by April 7.

1 MILE FUN RUN: Entry fee: \$10 for 12 years old and younger. No fee if also running 5K but registration is required. **T-shirts guaranteed to all who register by April 7.** Only one t-shirt per runner.

REGISTRATION: **Mail in form below or register online at www.bonair5k.com.**
Applications with checks payable to Bon Air PTA can be mailed to:
Bon Air 5K c/o Bon Air Elementary School, 8701 Polk St., Richmond, VA 23235.
Day of Race: (5K) 8:00-8:50 a.m. (1 Mile Fun Run) 8:00-9:50 a.m.

PACKET PICK-UP: Fri., April 16: 4:30 - 6:30 p.m. at Bon Air Elementary School. Day of Race: 7:45 - 8:45 a.m.

QUESTIONS: Please contact Jeni Moss at info@bonair5k.com or 804-614-6708.

✂ ----- Each participant must use a separate form. ----- ✂

Name: _____ Age on Race Day: _____ Sex: M F

Race #

Address: _____ City: _____ Zip: _____ Office use only
Phone: _____ Email Address: _____

T-shirt size (Circle one): Youth: S M L XL Adult: S M L XL XXL

Bon Air Alumni: Yes No (Bon Air Elementary Students): Grade: _____ Teacher: _____

Emergency contact: Name: _____ Phone: _____

Event: 5K _____ 1 Mile Fun Run _____ **Amount Enclosed: \$** _____ (No Refunds)

Each participant must sign this waiver.

Waiver: I know that running a 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 this event, including, but not limited to falls, contact with other participants, the effects of weather including heat, humidity or cold, traffic and 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 the Commonwealth of Virginia, the County of Chesterfield, the City of Bon Air, Bon Air Elementary School, Bon Air Elementary PTA and all other sponsors or directors of this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or other record of this event for any legitimate purpose. Children should be accompanied by an adult while running the 5K.

Signature: _____ **Date:** _____

Parent or Guardian (if under 18 years old): _____

In consideration of the safety of all participants, NO headphones, animals on/off leashes, skateboards, bikes, scooters or skates will be allowed in the official race.