



Bon Air Elementary's 4th Annual  
**BON AIR 5K & 1 MILE FUN RUN**  
SATURDAY • APRIL 21, 2012

Register by April 11 to be Guaranteed a T-Shirt.

**RACE INFORMATION** WHEN: Saturday April 21, 2012  
5K starts: 9:00 • 1 Mile Fun Run starts: 8:30

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

**EVENT FEES** 5K: Adult: \$ 20 Child (12 & under): \$ 12 (by April 11, 2012)  
Adult: \$ 25 Child (12 & under): \$ 15 (After April 11, 2012)  
1 MILE FUN RUN: \$ 12 for 12 years old and younger.

**REGISTRATION** Register online at [www.bonair5k.com](http://www.bonair5k.com) or send form below to school.  
Make checks payable to BON AIR PTA.  
Day of Race: (5K) 7:30-8:45 a.m. (1 Mile Fun Run) 7:30-8:15 a.m.

**PACKET PICK UP** THURS. APRIL 19: 3:00-4:00 p.m. at Bon Air Elementary.  
FRI. APRIL 20: 3:00 - 5:00 p.m. at Bon Air Elementary.  
DAY OF RACE: 7:30 - 8:45 a.m.

**PANCAKE BREAKFAST** Complimentary pancake breakfast for all participants wearing race number.  
Breakfast may be purchased for \$ 5. Sponsored by Benny's BBQ and Chick Fil A.

**CONTACT US** Contact Jeni Moss at [info@bonair5k.com](mailto:info@bonair5k.com) or 804-614-6708.

CERTIFIED USA TRACK AND FIELD STANDARDS COURSE • PROFESSIONALLY TIMED 5K BY COMMONWEALTH TIMING

**REGISTRATION FORM**

To register additional runners/walkers, use other side.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Event: 5K  1 Mile Fun Run   
(RUNNER 1) (REQUIRED)  
Gender: M F T-shirt size (Circle one): Youth: S M L XL Adult: S M L XL XXL Fee \$ \_\_\_\_\_  
Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_  
Emergency Contact: Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
If you are a Bon Air student, what grade? \_\_\_\_\_ Total Fees For All Runners (including those from other side): \_\_\_\_\_  
(NO REFUNDS)

**Runner 1**

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:** \_\_\_\_\_  
(RUNNER 1)

**Parent or Guardian (if under 18 years old):** \_\_\_\_\_

## Register Additional Runners Here

### Runner 2

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Event: 5K  1 Mile Fun Run   
(RUNNER 2) (REQUIRED)

Gender: M F T-shirt size (Circle one): Youth: S M L XL Adult: S M L XL XXL Fee \$ \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

If you are a Bon Air student, what grade? \_\_\_\_\_

### Runner 2

#### 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: \_\_\_\_\_  
(RUNNER 2)

Parent or Guardian (if under 18 years old): \_\_\_\_\_

### Runner 3

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Event: 5K  1 Mile Fun Run   
(RUNNER 3) (REQUIRED)

Gender: M F T-shirt size (Circle one): Youth: S M L XL Adult: S M L XL XXL Fee \$ \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

If you are a Bon Air student, what grade? \_\_\_\_\_

### Runner 3

#### 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: \_\_\_\_\_  
(RUNNER 3)

Parent or Guardian (if under 18 years old): \_\_\_\_\_

### Runner 4

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Event: 5K  1 Mile Fun Run   
(RUNNER 4) (REQUIRED)

Gender: M F T-shirt size (Circle one): Youth: S M L XL Adult: S M L XL XXL Fee \$ \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

If you are a Bon Air student, what grade? \_\_\_\_\_

### Runner 4

#### 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: \_\_\_\_\_  
(RUNNER 4)

Parent or Guardian (if under 18 years old): \_\_\_\_\_