

Saturday, November 21, 2009
Ft Hunt Park
9:00 am Race start time

Nov. 18 Registration Deadline
(Free T-shirt for first 500
registered participants).
No registration at the race site.

Shirt/Number Pickup:
Friday, Nov 20, 4-6pm
at Fort Hunt Elementary
Saturday, Nov 21, 8:00-8:30am
at the Ft. Hunt Park pavilion

Fees: \$10 per runner/dog/stroller
\$45 max per immediate family
Make checks payable to Ft Hunt PTA

Note: Fort Hunt Running Club members are automatically registered!

Please return registration form with payment to the school office
(Fox Trot, c/o FHES PTA, 8832 Linton Ln, Alex, VA 22308).
Mailed registrations must be received by Nov 17th.

8th Annual 1-Mile Thanksgiving Fox Trot

**Family, friends, dogs, and strollers
are all welcome to register!**

We would like to thank:

Hollin Hall Automotive

Hughes Orthodontics

**Independence Landscape and
Lawn Care**

Skopp Chiropractic

for sponsoring this family event!

Prizes will be awarded including those for age-group winners.

Questions: send an email to emhaas@verizon.net
Additional forms at <http://www.fcps.edu/FortHuntES>

2009 1-Mile Thanksgiving Fox Trot Registration

Please Print Clearly: Missing or non-legible information will result in the disqualification of the participant for awards/prizes.

1. _____
(First and Last Name) (Sex) (Age on Nov. 21) (if a student, School **and** Grade)
Shirt Size: Youth Med Youth Lg Adult Sm Adult Med Adult Lg Adult XL
Category: Age Group Runner Stroller (Youth M shirt only) Dog (bandana only)

2. _____
(First and Last Name) (Sex) (Age on Nov. 21) (if a student, School **and** Grade)
Shirt Size: Youth Med Youth Lg Adult Sm Adult Med Adult Lg Adult XL
Category: Age Group Runner Stroller (Youth M shirt only) Dog (bandana only)

3. _____
(First and Last Name) (Sex) (Age on Nov. 21) (if a student, School **and** Grade)
Shirt Size: Youth Med Youth Lg Adult Sm Adult Med Adult Lg Adult XL
Category: Age Group Runner Stroller (Youth M shirt only) Dog (bandana only)

4. _____
(First and Last Name) (Sex) (Age on Nov. 21) (if a student, School **and** Grade)
Shirt Size: Youth Med Youth Lg Adult Sm Adult Med Adult Lg Adult XL
Category: Age Group Runner Stroller (Youth M shirt only) Dog (bandana only)

Rules:

1. All dogs MUST be on a non-expandable leash at all times. Owners are responsible for controlling their dogs, and their dog's actions, at all times. Owners are responsible for cleaning up after their dogs.
2. For the safety of the participants, strollers must be pushed by an adult during the race.
3. For the safety of the participants, **No** bikes, skates, blades, scooters, skateboards, or any motorized vehicles of any kind are permitted.
4. The starting position of participants will be determined by age group; **Do Not** enter the starting line area until your age group is called.

Waiver MUST Be Read and Signed Before Submitting the Form:

I understand that running is a potentially hazardous activity, and I should not enter into or run in this race unless I am medically able. I assume all risks associated with running in this race including, but not limited to, falls, contact with other race participants, the effects of weather, including high heat and/or humidity, the condition of the road and traffic on the race course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Ft. Hunt Elementary School, its PTA, all sponsors, all their representatives and successors from all claims or liabilities of any kind arising from my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver.

Signature of Participant _____ Date _____

Signature of Parent or Guardian (If under 18 years of age) _____ Date _____

PLEASE PRINT Email address for Registration Confirmation _____

Telephone no. _____