



FALLS CHURCH HIGH SCHOOL

17th Annual Jaguar 5K Run/Walk & Kids 1 Mile Fun Run

Supporting FCHS Athletics

Saturday, April 23, 2022

8:00am Kids 1 Mile Fun Run

8:30am 5K Run/ Walk

PRE-REGISTRATION Please fill out a separate registration form for each participant. Race directors reserve the right to deny participation. No refunds to late arrivals. Make checks payable to Falls Church HS and return signed forms to Falls Church High School, ATTN: Belinda Kim, 7521 Jaguar Trail, Falls Church, VA 22042. To pay by credit card, register online at www.jaguar5k.com. For more information or questions please contact Belinda Kim, Assistant Director of Student Activities, FCHS at fcjaguar5k@gmail.com or 703-207-4115.

REGISTRATION

- Kids' 1 Mile : Early Registration \$15, Race Day Registration \$20, Main Gym Lobby, 6:30am – 7:45am
- 5K Run/Walk: Registration prior to March 31st \$25, Registration April 1-26 , \$35, Race Day Registration \$40 (FCHS Main Gym Lobby 6:30am – 8:00am)

PACKET PICK-UP FCHS Main Gym Lobby, entrance # 8. Friday, April 22, from 5:30 pm - 7:30 pm or Saturday, April 23, from 6:30 am – 8:00am.

5K AWARDS CATEGORIES AND TEAM COMPETITIONS Please see website www.jaguar5k.com for details regarding awards and team competitions. All participants in the Kids' 1 Mile Fun Run will earn a ribbon.

COURSES Kids' 1 Mile Fun Run will begin and end on the FCHS track. Kids will stay on the FCHS campus. The 5K Run/Walk USATF Certified, Timing by Potomac Racing. This race will be chip timed. The 5K course starts and ends on the campus of FCHS and goes through the Broyhill Park neighborhood. The 5K race map can be found on www.fallschurchsports.org

DIRECTIONS From I-495, take US-50/Arlington Blvd, exit 50A-B towards Arlington. Merge onto US-50/Arlington Blvd. Turn right at first light onto Jaguar Trail.

Cut Here 

5K - \$25 on or before March 31, \$35 April 1 -April 26, \$40 Race Day Please accept the enclosed donation of \$ _____.

Kids' 1 Mile Fun Run (13 and under) - \$15, \$20 Race Day I would like to volunteer- call/email me at _____.

First Name _____ Last Name _____ Female Male

Street _____ City _____ State _____ Zip Code _____

Age on Race Day _____ Email _____

Are you a student? Yes No If YES, name of school. _____

T-Shirt Size: Med. Child Large Child Small Adult Med. Adult Large Adult XL Adult 2XL Adult

Teams If you are participating on a team, please write team name here: _____
(EX: Hoppin' Historians or Science Sprinters) Members of a team need to use the same name.

The following must be signed by the runner or parent/guardian if under 18: Registrants and their accompanying family members and friends participating in the 5K Run/Walk or Fun Run on April 23, 2022, I hereby assume full responsibility for the risk of property damage, bodily injury, or death. By your signature below, you certify your understanding that the race will occur, in part on property not owned by the Fairfax County School Board (FCSB). Therefore, you also certify your understanding that neither the FCSB nor its employees and volunteers have any responsibility for the maintenance and condition of that property. Further, you understand that the FCSB provides no accident, medical, or health insurance coverage for race participants. By your signature below, you certify that, to your knowledge, you and your child (if applicable) are medically able to participate in this 5K or Fun Run race. In consideration of the safety of all participants, you understand that absolutely no baby joggers, baby strollers, headphones, animals, skateboards, skates, rollerblades, or bicycles are allowed on the 5K or Fun Run course. In addition, you understand that if the 5K or Fun Run is canceled by circumstances beyond the control of the organizers, your entry fee will not be refunded. Further, I understand that photographs, motion pictures, recordings or any other record of this event for legitimate purposes may be posted.

Signature _____ Date _____

Parent or Guardian Signature is required for participant under 18.

RAIN or SHINE! No headphones, animals, in-line skates, skateboards, baby strollers, or bicycles please.