



**12th Annual Jingle Run presented by QC Striders
5K Run/2 Mile Walk/Kids Fun Mile
Saturday December 10th, 2016
Fort Ashby, WV**



Course: The course is located on Dan’s Run Road. It will begin and end by the Fort Ashby Primary School. Awards and registration will be held in the Fort Ashby Primary School. (Fort Ashby is located 15miles south of Cumberland on US Route 28.)

Age Groups: 10 and under; 11-13, 14-16, 17-19; 20-29; 30-39; 40-49; 50-59; 60 and over

Awards: Overall male and female 5K; Top three finishers per age/gender group 5K; Ribbons to all kids 10 and under and mile participants

Entry Fee: \$15.00 5K/2 mile walk; \$12.00 Kids Fun mile if post marked by **November 30th**
\$20.00 5K/2 mile walk; \$15.00 Kids Fun mile **Race day**
(T-shirt for pre-register and on race day while supplies last.)

Checks payable to: Frankfort High School – all proceeds go toward FHS Cross-Country Program

Schedule:	Registration opens at	7:45am-8:45am
	5K/2 mile walk	9:00am
	Kids mile	Conclusion of 5K race/2mile walk
	Awards	Conclusion of Kids race

****If poor weather conditions on race day, check your email, QC Striders webpage and QC Striders facebook page for information. Make-up day is December 17th.****

Mail to:	Coach Juan Phillips	Questions: 304.460.0170
	56 Kentucky St.	or
	Ridgeley, WV 26753	jcphillips@k12.wv.us

Frankfort High Cross Country thanks you for your support!

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Name: _____ Age: _____(race day) Gender: M F

Address: _____
City State Zip

Phone:(_____)_____-_____
Email: _____
(To send you next year’s application & changes due to inclement weather.)

5K _____ 2mile walk _____ Kids mile _____

*****COMPLETE THE BACK BY SELECTING A SHIRT SIZE & SIGN THE BACK*****

Tee shirt size: Youth[M ____ Large ____] Adult[S ____ M ____ L ____ XL ____ XXL ____]

**T-shirts will only be available on race day while supplies last.*

X _____

Signature

X _____

Parent/Guardian (if under 18)

Waiver and Release: I recognize that participation in this event may involve certain hazards. I understand that I should not participate unless medically able. I assume the risks associated with involvement including but not limited to falls, contact with participants, effects of weather, road and traffic conditions, these risks being unknown and appreciated by me. Having read this waiver release and considering the acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release Frankfort High School, Queen City Striders, Road Runners Club of America, all sponsors and hosts and their representatives and successors from any claim of liability arising from my involvement in this event. I do hereby consent to the use of my name and/or photograph in connection with publicity about the race.