



**13<sup>th</sup> Annual Jingle Run presented by QC Striders  
5K Run/2 Mile Walk/Kids Fun Mile  
Saturday December 16<sup>th</sup>, 2017  
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 **December 1<sup>st</sup>**  
\$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 23<sup>rd</sup>.\*\*\**

**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\*\*\*\*\*

**Below is the signature form of the application. It is below and a large gap, so that papers being printed on double-sided printers can print and the bottom part of paper tears off for both the runner information and the signature/tee shirt order on the same paper.**

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.