



15th Annual Jingle Run presented by QC Striders
5K Run/2 Mile Walk/Kids Fun Mile
Saturday December 14th, 2019
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. (44 Fort Ashby Road, Fort Ashby, WV 26719)
 [Fort Ashby is located 15miles south of Cumberland on US Route 28.]

Parking: Parking is available at the Fort Ashby Community Building and Trinity UM Church located on the road before the primary school. ***PLEASE do not park behind the Primary School!!! The road that wraps beside and behind the primary school is a private road.***

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; male and female masters; Top three finishers per age/ gender group in 5K; and Ribbons to all kids 10 and under and plus 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 or QC Striders facebook page for information. Make-up day is December 21st.****

Mail to: Coach Juan Phillips
 140 Falcon Way
 Ridgeley, WV 26753

Questions: Email Coach Phillips at
 jcphillips@k12.wv.us
 or contact Frankfort High school
 and ask for Coach Phillips

Frankfort High Cross Country thanks you for your support!

-----Cut here-----

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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_____

Are you a QC Striders Member? Yes or No

*****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's information and the signature/tee shirt order on the same part of the 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)

Date: _____

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.