

RUN INFO

Date: Sunday, November 3rd, 2013

Location: Wilson Farm Park, Chesterbrook, Wayne, PA

Time: 7:45 AM registration opens
8:30 AM Stretch
9:00 AM 5K Run/Walk
9:45 AM 1 Mile Fun Run

There will be prizes for the winners in each age category.

Checks are accepted along with this registration form or you can register and pay online at www.brynmawrrunningco.com. Click Events and then Race Calendar.

What does the Valley Forge Elementary School use the funds for?

The Valley Forge Elementary School Parent Teacher Organization (VFES PTO) is a non-profit organization serving the students, faculty, and community of Valley Forge Elementary School. **Funds raised by the PTO pay for a wide range of programs and services to the school not included in the T/E School district budget.** During the 2012-2013 school year, the PTO funded:

- Ten cultural arts assemblies
- 30 iPads for each classroom with accessories
- 6 laptops for the computer cart
- Publishing Center equipment
- Classroom supplies for teachers
- A newly decorated teacher's lounge

Each year a list of needs is provided by the school principal and teachers. This run is a new fundraiser to raise funds for this year's PTO gifts to the school. So come out, get some exercise and help the kids of Valley Forge Elementary School!

**Become A
Sponsor and
Your Logo Goes
Here!**

Valley Forge Elementary School PTO

Falcon 5K Chairpersons

Donna Costin
Jessie DiLucia
Raquel Hunter
Jo Novelli

Questions? Email Jessie DiLucia at jdilucia@gmail.com

Open to the
Public!

VFES Falcon 5K Run/Walk Fundraiser

**1 MILE KIDS'
FUN RUN!**



Sunday, November 3rd at 9:00 AM
Wilson Farm Park, Chesterbrook, Wayne, PA
Walk in registrations are welcome!

REGISTRATION FORM

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email Address: _____

Phone: _____

Age on Race Day: _____

Gender: M F

VFES 5K Walk/Run _____ \$20 per participant
_____ \$25 after 10/12/13
_____ \$35 day of registration

VFES 1 Mile Kids Run _____ \$10 per participant
_____ \$15 after 10/12/13
_____ \$20 day of registration

T-Shirts:

Wicking T-s for adults & 50/50 cotton for kids shirts.

Adult S M L XL

Youth S M L

WAIVER

I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able & properly trained. I also know that there will be traffic, debris, poor footing and other hazards on the course and assume the risk for running on it. I also assume any or all other risks associated with running or attending the race including but not limited to falls, contact with other participants, the effects of the weather, the conditions of the roads and getting lost, all such risks being known and appreciated by me.

Knowing these facts, and in consideration of your accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the organizers of this event, all municipalities in which the event is held, all owners of properties through which the race crosses, the race committee, volunteers, Bryn Mawr Racing race management, all other organizations directly or indirectly associated with the race, any or all sponsors including their agents, employees, assigns or anyone acting on their behalf, or anyone else associated in any way with this race, from any or all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This waiver extends to all claims of every kind or nature whatsoever; foreseen or unforeseen, known or unknown.

I and all additional participants registered have read and agree to the waiver above.

☐ **Agree**

Adult's Signature: _____
(must be signed in order to participate)

Want to register online?

Visit
www.brynmawrunningco.com.
Click Events and then Race Calendar.

The VFES PTO is a 501(c)(3) organization.

Questions?
Contact Jessie DiLucia at jdulicia@gmail.com.

Additional Participants?

Name: _____

Age on race day: _____ M F

T-Shirt Size: YS YM YL S M L XL

Name: _____

Age on race day: _____ M F

T-Shirt Size: YS YM YL S M L XL

Name: _____

Age on race day: _____ M F

T-Shirt Size: YS YM YL S M L XL

Name: _____

Age on race day: _____ M F

T-Shirt Size: YS YM YL S M L XL

Payment Information

Total # of Participants in 5K: _____

Total # of Participants in 1 Mile Fun Run _____

Total Cost = _____

Please make checks payable to VFES PTO and enclose with your registration form to:

Jo Novelli
Falcon 5K Run
Valley Forge Elementary School
99 Walker Road, Wayne, PA 19087