



# The Graydon Manor 5K Race & Family Fun Run



**SATURDAY, OCTOBER 9, 2010**

**8:00 am – Family Fun Run   ▪   8:30 am – 5K Race**

**801 Children's Center Road   ▪   Leesburg, VA**

**Entry Fees:**

*If received by October 2<sup>nd</sup>*

5K Race:                 \$25.00

Family Fun Run:       \$10.00

*If received after October 2<sup>nd</sup> & Race Day*

5K Race:                 \$27.00

Family Fun Run:       \$12.00

**Online Registration:** Available through Active.com,  
please visit [www.gmf4kids.org](http://www.gmf4kids.org) for additional  
information

**Payment:**

If paying by check, make check payable to GMF4KIDS

Mail the form and check to:

**Graydon Manor**

**Attention: Graydon Manor 5K**

**801 Children's Center Road, SW**

**Leesburg, VA 20175**

**Information:**

Brooke Herndon at 703-777-3485 x1348

[bherndon@graydonmanor.org](mailto:bherndon@graydonmanor.org)

**Please print** and mail the form to the above address and do not mail after October 2, 2010.

EVENTS: (Check One)

5K Race – 3.1 miles

Family Fun Run – 1 mile

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Gender M/F: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_

Race Shirt size: Kids: YS, YM, YL – Adults: S M L XL 2XL All runners will receive a race shirt.

E-mail address: \_\_\_\_\_

**I am including a tax deductible donation of \$ \_\_\_\_\_ to The Graydon Manor Foundation  
for Children**

**Liability Waiver Must Be Signed Before Mailing. Illegible forms will be rejected.**

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Graydon Manor 5K, You Start I Finish, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (Parent or Guardian if under 18): \_\_\_\_\_ Date: \_\_\_\_\_