

ASFS Race to the Finish!

SATURDAY, May 13, 2023 9:00 AM (Rain or Shine)

Join us for a fun morning of physical activity for the whole family!

- **WHAT:** 2 Mile Beat the Clock Race 9 am sharp. Race to have a chance at prizes by beating the time clock in 15 minute increments. The faster your finish, the better your chance at prizes.
- **WHERE:** Arlington Science Focus School, 1501 North Lincoln Street, Arlington VA 22201
- **HOW TO REGISTER:** **Pre-registration is preferred**, race day registration is available, but limited as the race may sell out. Complete the entry form below or online and deliver to ASFS Physical Education teachers. Registration also available during packet pickup on Friday, May 12th
- **T-SHIRT:** **To be guaranteed a race t-shirt, pre-register by Apr 14, 2023**
- **FEES:** \$20 per participant. Make checks payable to ASFS PTA
- **PACKET PICKUP:** At ASFS, 3:00 – 4:30 pm, Friday, May 12th, Saturday May 13th 8:00-8:30 am.
- **COURSE:** Course begins in front of ASFS then proceeds out and back on the Custis Trail. For the safety of all runners and walkers, no strollers, baby joggers, or pets will be permitted at the event.
- **POST RACE:** Refreshments after the race for all participants. Medals presented to Top Three overall adult/elementary finishers. Participation ribbons available to all finishers.
- **QUESTIONS/VOLUNTEER:** email: Jennifer.Hall@apsva.us

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\$20 per participant

Please consider an additional donation of any amount to the CJD Foundation (see reverse).

Select Payment Type:

Total Amount Included: _____

☐ Cash

☐ Check Payable to ASFS PTA

NAME: _____ e-mail: _____

PHONE: _____

Check below for elementary age student and t shirt size:

STUDENT: _____

T-shirt size (only guaranteed for registrations by April 14th).

YS_____ YM_____ YL_____ AS_____ AM_____ AL_____ AXL_____ AXXL_____

Liability Waiver- 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 safely to 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 weather, including high heat and/or humidity, traffic and the conditions of the road; I know and appreciate all such risks. Having read this waiver and knowing these facts, and in consideration for your accepting my entry, I, for myself and for anyone entitled to act on my behalf, waive and release the organizers and volunteers of the Arlington Science Focus School Race to the Finish!, Arlington County, Arlington County Public Schools, 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 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:** _____

ONE FORM FOR EACH PARTICIPANT

ASFS Race to the Finish!

Join us on Saturday, May 13th, at 9am for our annual family fitness event sponsored by the PE Department and the ASFS PTA. This will be an exciting morning of fun and fitness as racers run and walk 2 miles to beat the clock to have a chance at prizes.

The event is open to the whole family with the starting line in front of ASFS and venturing out and back on the Custis Trail. Racers will run/walk to beat the clock in 15, 30, 45 minutes to have a chance at prizes. The faster you finish, the greater the chance at prizes. Please register on the opposite side of this form or online via this QR code:



ASFS Race Registration

For questions about the event or to volunteer, please contact Jenn Hall, ASFS PE teacher:
Jennifer.Hall@apsva.us

Help us honor race founder Vince McDonald at our event!



In 2006, the idea for the first ASFS 5K came to fruition through the efforts of Vince & Natalie McDonald, parents at the school at that time. Through their dedication, interest, and diligence, we were able to make this an annual event, one that has brought great participation and a lot of fun to our entire community. We would like to continue to honor the "founding father" of our event, Vince McDonald, who passed away after a brief and sudden illness in 2019. Every dollar, large or small, helps. CJD is an incurable, extremely rare brain disease which strikes its victims in their prime of life.

As a community, we are committed to pledging what we can to help fight the disease that cut short the life of our race's founder & friend, Vince McDonald. Please consider adding an additional donation to your race registration. For more information about CJD please visit:



CREUTZFELDT-JAKOB DISEASE
FOUNDATION, INC.
Supporting Families Affected by Prion Disease

ONE FORM FOR EACH PARTICIPANT