



The Springfield 15K / 5K

Springfield's Hometown Race

www.RunSpringfield.org

Race Information

Date & Time: Sunday June 6th, start is 7:30 a.m. 5K must finish in 45 minutes, 15K in 2 hours.

Location: Park in Springfield Mall's parking lot, near the intersection of Franconia Road and Frontier Drive. Start line is across Franconia Road. Race day registration, packet pickup, and pre-race amenities will be at Lee High School, just down Franconia Rd. (no car access to Lee HS). The finish will be at the Lee HS stadium/track.

Course: The 5K loops through the Springfield commercial area. The 15K splits off to take in park trails, Lake Accotink, and the rolling hills of the Crestwood neighborhood before returning to Lee High School. Water stops provided.

Registration

- 5K early (Mar 1- Apr 30) is \$25, standard (May 1 - Jun 5) is \$30, raceday (Jun 6) is \$35.
- 15K early (Mar 1- Apr 30) is \$35, standard (May 1 - Jun 5) is \$40, raceday (Jun 6) is \$45.
 - Online at www.RunSpringfield.org
 - By USMail using the bottom section of this form (must be postmarked by Jun 1)
 - In person at Metro Run & Walk during store business hours (through Jun 5)
 - Raceday Jun 6 at Lee High School 6:00 a.m. - 7:00 a.m.
 - No refunds.

Packet Pickup

- Thu - Sat, June 3-5 at Metro Run & Walk during regular store hours
- Raceday at Lee High School 6:00 a.m. - 7:00 a.m.

Race Beneficiaries: Proceeds donated to support local recreation and fitness programs for youth in need.

Race Awards: Top 3 overall in male, female, wheelchair categories. Top 2 in male and female age groups.

Questions? Email us at MetroRunWalk.Mark@gmail.com

Thanks to our early Silver and Bronze Sponsors!



www.rocketstite.us

Capital Running Company Marriott



www.posichiro.com



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Registration Form

Name: _____ Event? 5K 15K

Address: _____ Wheelchair? Y N

City/State/Zip: _____ Raceday Age: _____

Contact Phone: _____ Alt phone: _____ Gender? M F

Short Sleeve Shirt Size (men's sizing) XS S M L XL XXL

Email address: _____

Would you like to receive Metro Run & Walk's monthly email newsletter? Y N

Checks to: Springfield 15K / 5K Visa/MC/Disc # _____

Exp Dt ____/____ CVV code: _____ Billing address zipcode: _____

USMail: Springfield 15K / 5K, c/o Metro Run & Walk,
7261 Commerce St, Springfield, VA 22150.

Mandatory Liability Waiver: I know that participating in and volunteering for athletic events is potentially hazardous, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of an event official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with 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. I understand that bicycles, skateboards, roller skates, and roller blades are not allowed in these events and I will abide by the guidelines. Having read this waiver and knowing these facts and in consideration of my participation, I, for myself and anyone entitled to act on my behalf, waive and release Runner Runner Enterprises (dba name Metro Run & Walk – Springfield), any and all sponsors and affiliated organizations, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

The use of personal music devices is discouraged. Participant enjoyment, responsiveness to instructions, event camaraderie, and individual safety are improved when participants are headphone-free.

The use of baby strollers and baby joggers is restricted to noncompetitive participants who must start at the rear of the race group. I will take extra care to ensure my stroller/jogger does not interfere with other participants.

The presence of any animal is restricted to noncompetitive participants who must start at the rear of the race group. All animals shall be leashed, and any animal I bring will have the social temperament and training to pose no risk to other participants. I will take extra care to ensure my animal does not interfere with other participants.

Signature (parent or guardian if under 18)

Date