



Island Creek ES PTA 5K Croc Trot, Crocs Crawl and Health Fair
May 1, 2010 – *RAIN OR SHINE*

Saturday, May 1, 2010

7:30 am 5K Croc Trot

8:30 am Crocs Crawl (@50 Yard Dash)

RACE WILL TAKE PLACE **RAIN OR SHINE!**

5K RACE: WITHOUT EXCEPTION, NO HEADSETS, IPODS, IN-LINE SKATES, STROLLERS, BICYCLES, OR PETS ARE ALLOWED DURING THE RACE.

REGISTRATION & FEES (5K Croc Trot)

\$20 Adults (18 years or older)

\$10 for first Island Creek Student and \$5 for each additional Island Creek Student within the same family

\$10 for all non-Island Creek students

For Island Creek ES Families and Staff:

\$50 Family and Staff maximum

FREE – Crocs Crawl. This race is restricted to children 7 yrs old and younger.

***NOTE: ALL STUDENTS 14 YRS OLD AND UNDER MUST RUN THE COURSE WITH A REGISTERED RUNNING BUDDY 18 YEARS OR OLDER.**

Online:

<http://www.islandcreekpta.org/> by April 12, 2010

By Mail and sent into School:

Must be postmarked or delivered to school and received by the PTA (not Teacher or classroom) by April 12, 2010 – *after this date the late/onsite registration fee applies and the t-shirt not guaranteed.*

Onsite Registrations: April 30 (3:30pm-6pm) & May 1 (6:15 am)

\$25 Adults (18 years or older)

\$15 All Students (up to 17 years old)

ENTRY FEES ARE NON-REFUNDABLE

RACE PACKET PICK UP

Packet pickup will be held on Friday, April 30 from 3:30pm-6pm and on race day, Saturday, May 1 from 6:15- 7:00 am at Island Creek Elementary School.

COURSE (See the route on the PTA Web site)

Race Location: Island Creek Elementary School
7855 Morning View Lane, Alexandria, VA 22315

The 5K course begins and ends at the cross walk in front of Island Creek Elementary School and goes through surrounding neighborhoods. Police support and safety marshals will be stationed along the course. There will be one water station at the half-way point.

The Crocs Crawl will be held in the bus lot at Island Creek Elementary School. No registration is needed, and under runners report to the designated starting line at 8:30am.

SPECIAL ATTENTION

The Fairfax County Police requests that all participants must be able to complete the 5K course within the hour.

EVENT PROCEEDS

Proceeds for the event will go to support the Island Creek Elementary PTA. The Island Creek PTA is committed to supporting programs that enrich our students and school through technology initiatives (including Smart Boards), cultural initiatives (field trips), as well as professional education, fitness and recreation, and other programs.

5K PRIZES

First Place – Teacher or Staff

First Place – Parent

First Place Ages – 7-8

First Place Ages – 9-10

First Place Ages – 10-11

First Place Age - 12



Island Creek Elementary School PTA 5K Croc Trot Registration

May 1, 2010

Make check payable to: Island Creek PTA – Croc Trot

Mail form and check to: Island Creek ES PTA

7855 Morning View Lane

Alexandria, VA 22315

****PLEASE READ FACT SHEET ABOUT REGISTRATION DEADLINES – Do not send via classroom because it does not guarantee submission by deadline.****

FAMILY MEMBERS: Name _____ 5K____ Age ____ Sex ____ Island Creek Student* ____ Island Creek Employee* ____ (*check if applicable) T-Shirt: Youth L Adult M L XL XXL (circle size)
Name _____ 5K____ For 5K only: Age ____ Sex ____ Island Creek Student* ____ Island Creek Employee* ____ (*check if applicable) T-Shirt: Youth L Adult M L XL XXL (circle size) Under 14 yrs old, Name of Running Buddy _____
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STREET: _____

CITY _____ STATE: _____ ZIP _____

E-MAIL _____ PHONE _____

AMOUNT ENCLOSED _____

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, CONDITIONS OF THE ROAD AND TRAFFIC ON THE COURSE, AND ANY OTHER 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 OF MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE ISLAND CREEK ELEMENTARY PTA, ISLAND CREEK ELEMENTARY SCHOOL, THE COUNTY OF FAIRFAX, AND ALL SPONSORS AND THEIR RESPECTIVE OFFICERS, EMPLOYERS, AGENTS, 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. I GRANT PERMISSION TO ALL OF THE FOREGOING TO USE ANY PHOTOGRAPHS, MOTION PICTURES, RECORDINGS, OR ANY OTHER RECORD OF THIS EVENT FOR ANY LEGITIMATE PURPOSE. I UNDERSTAND THAT BICYCLES, SKATEBOARDS, ROLLER SKATES, IN-LINE SKATES, ANIMALS AND HEADSETS, IPODS, AND STROLLERS ARE NOT ALLOWED IN THE RACE AND I WILL ABIDE BY THIS GUIDELINE.

 Runner or Parent/Guardian for Runner Under Age 18 Runner or Parent/Guardian for Runner Under Age 18

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ENTRY NOT VALID WITHOUT SIGNATURES

Online registration available <http://www.islandcreekpta.org/>