



# Adam's Angels 5K Registration Form

Sunday, May 3, 2020 - 9:00 AM Start

**Robinson Secondary School • 5035 Sideburn Road • Fairfax, VA 22032**

The Adam's Angels 5K is staged at Robinson Secondary School in Fairfax, Virginia. The race will start and finish in the parking lot in front of the school and run through the surrounding neighborhood. Proceeds of Adam's Angels will go towards the Adam Seymour Foundation.

On August 19, 2010 Adam Patrick Seymour, an incoming freshman, collapsed while competing in a pre-season training run with the Lynchburg College soccer team. Adam subsequently died on August 22, 2010 as a result of the cardiac arrest which struck him on August 19th. In order to honor Adam and keep his memory alive, his friends and family have formed the Adam P. Seymour Foundation.

## Registration & Packet Pickup

Obtain link to register online at [www.prraces.com](http://www.prraces.com). It's fast, easy, and you will receive immediate confirmation of your entry. Alternately, you may mail the completed entry form, or fax to 703-421-6402. You can also register for the race and pick up your race packet at the following location:

**Friday, May 1, 4 PM – 7 PM**

Potomac River Running Store, Burke  
(5715 Burke Centre Parkway, Burke, VA 22015) 703-978-0500

**Sunday, May 3, 7:30 AM – 8:30 AM**

Robinson Secondary School  
(5035 Sideburn Road, Fairfax, VA 22032)

**Registration Fees**

\$30 through 4/10  
\$35 from 4/11 – 4/30  
\$40 race day (5/1 packet pick up and 5/3 race day)

**Make checks payable to:** Adam P. Seymour Foundation

**Mail to:** Adam P. Seymour Foundation, P.O. Box 302, Clifton, VA 20124

***Please do not mail after 4/17/2020***

**PLEASE NOTE:** We cannot process your application unless the liability waiver at the bottom of this application is signed by each entrant. If entrant is under 18, an adult must sign on his or her behalf.

Name \_\_\_\_\_ M/F \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

**Payment:**

- \$30 through 4/10     \$35 from 4/11 – 4/30     \$40 Packet Pickup & Race Day 5/1 – 5/3

**Form of Payment:**

check  cash  Visa/MasterCard #: \_\_\_\_\_ Exp. date (mm/yy): \_\_\_\_\_ 3-digit security code: \_\_\_\_\_

**Total Amount Paid \$** \_\_\_\_\_

**Shirt Size** Youth: S M L Adult: S M L XL XXL (**Must register by 4/17/2020 for size guarantee**)

I know that running can be a hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running, including, but not limited to, falls, weather conditions including high heat and/or humidity, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release Potomac River Running, Inc., Potomac River Running Charitable and Educational Events Inc., Commonwealth Race Management, Inc., and all event partners, sponsors and volunteers, their representatives and successors from all claims or liability of any kind arising out of my participation in this race even though that liability may arise out of negligence 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, or other record of this event for any legitimate purpose without compensation to me. For safety reasons, I agree not to participate with any of the following: Wheelchairs, strollers, baby jogger, skates, pets or headsets. I understand that there are no refunds should severe weather cancel the event. I understand my email address may be used to receive race information about this race and future events.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent/guardian if under 18 years of age \_\_\_\_\_ Date \_\_\_\_\_