

You are invited to the Annual Fairfax Friends Forever Friendship Run-Walk at Westbriar Elementary



This run-walk is being held to help raise awareness for our Fairfax Friends Forever program and to raise funds for the National Federation of the Blind (NFB). Snacks and water will be available at the conclusion of the run-walk.

Who: All students, families, faculty, and any interested community members
****ALL students must be accompanied by a parent or babysitter of at least 18 years of age.****

Cost: 1 Mile Fun Walk—\$15, 5K Run—\$20
-includes race, snacks, and T-Shirt

Please send registration slips back by Wed. 4/9
so we are able to plan for food and order T-Shirts!

****To register for the 5K run, participants must be in 3rd grade or older, must have an 18+ yr. old buddy to run the race with, and be able to complete the race within 40 minutes.****

When: Saturday, April 26 7:45a.m. - 9:00a.m.

Where: Westbriar Elementary School
1741 Pine Valley Drive
Vienna, VA 22182

Agenda:

8:00 - 5K Run Start

8:10 - 1 Mile Fun Walk Start

8:30-9:00 - Food, Drinks and Fun

8:45 - Closing Remarks from the NFB and Westbriar's FFF Student Coordinators

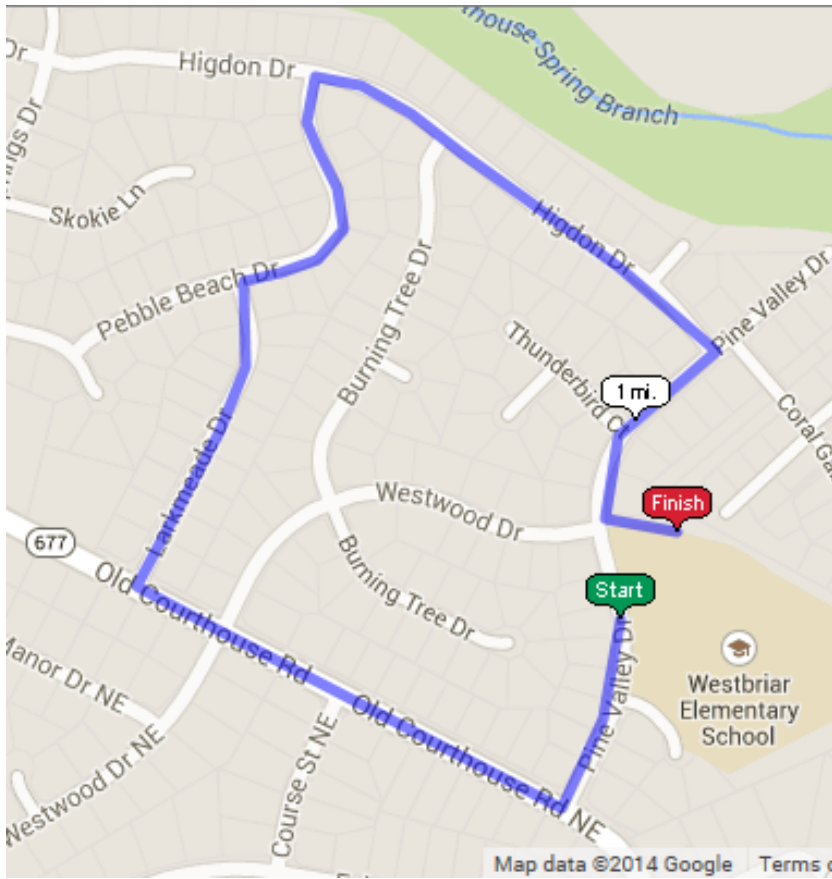
8:55 - Clean Up

Donations are always welcome to help fund special activities throughout the year and the growth of our program across Fairfax County.



Questions? Please email Nicole Fregelette at ncfregelette@fcps.edu

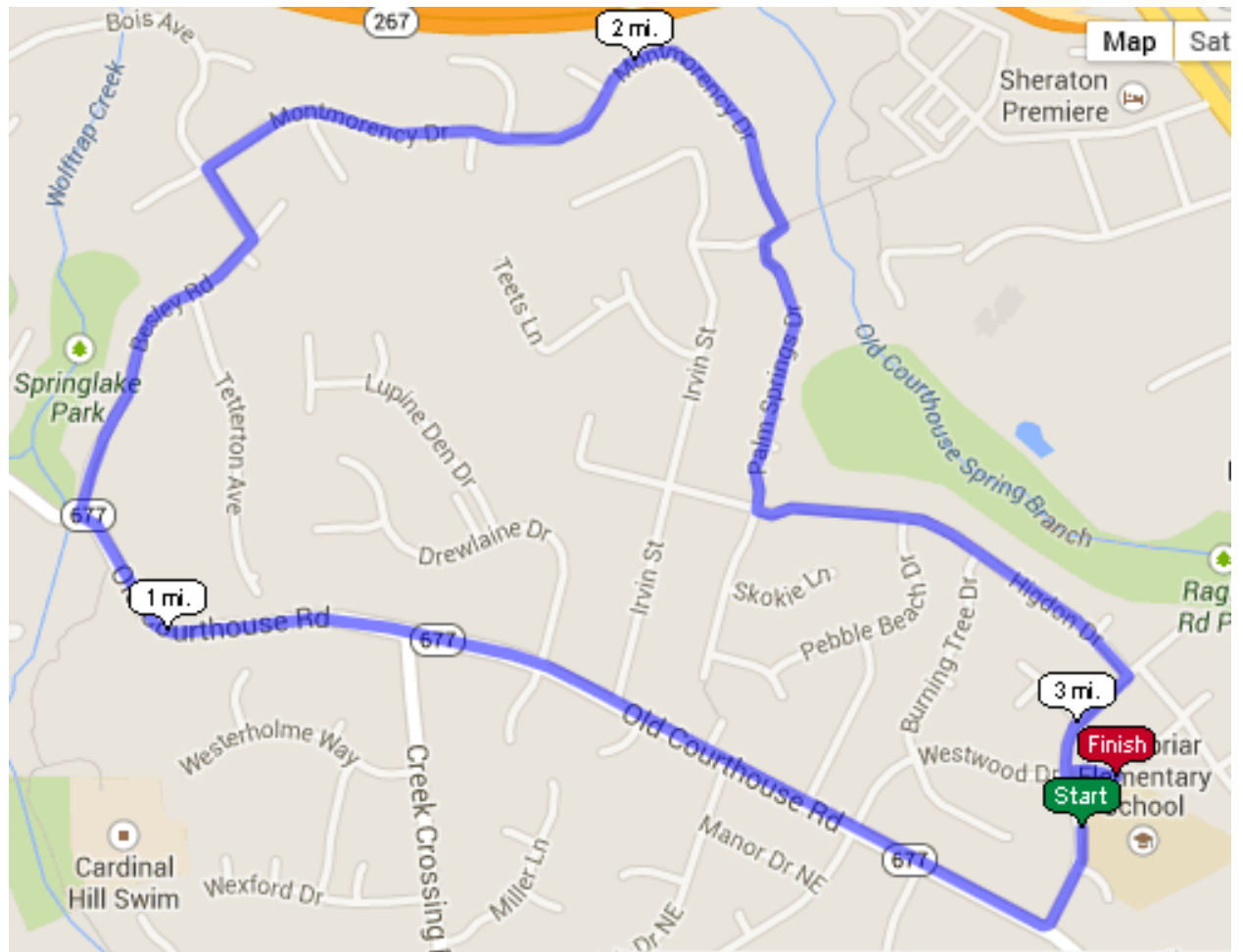
1 Mile Fun Walk



Race Routes



5K (3.1M) Run





Fairfax Friends Forever Friendship Walk-Run Registration

Registration

School Name: _____

****To register for the 5K run, participants must be in 3rd grade or older, have an 18+ buddy runner, and be able to complete the race within 40 minutes.****

Grade	Homeroom Teacher	Last Name	First Name	Race (circle one)		Run Only: Est. Time & Buddy Runner Name
				Walk	Run	
				Walk	Run	
				Walk	Run	
				Walk	Run	
				Walk	Run	
				Walk	Run	
				Walk	Run	

Attending Parent/Guardian & Babysitter (18+ years old) Contact Information

Name: _____ Phone: _____

Name: _____ Phone: _____

Registered Racer T-Shirt Size

Youth Small (6-8)	Youth Medium (10-12)	Youth Large (14-16)	Youth XLarge (18-20)	Adult Small	Adult Medium	Adult Large	Adult XLarge	Total Number:

Shirt Front



Shirt Back



Please return to school by April 9th if you plan to participate in the run or walk with your money in a sealed envelope. Any checks can be made out to "Westbriar".