



*1<sup>st</sup> Annual  
FFA 5K Scholarship Run/Walk & Kids Mile  
Saturday, October 19, 2019  
9:00 AM  
ABMS Athletic Field*

**Location:** Admiral Byrd Middle School Athletic Field  
134 Rosa Lane Winchester, VA 22602

**5K Prize Money:** Top Prize equal for male and female  
1<sup>st</sup> - \$75 Male and Female  
Masters (50+): 1<sup>st</sup> \$50 Male and Female:

**Registration and packet pickup:** (registration information ABMS website)

**5K: Register early October 1st:** Entry Fee \$25 prior to race day: \$30 on day of race.

**Mail to:** Admiral Byrd Middle School

Attn: Kathy Lineburg FFA 5K Race

134 Rosa Lane Winchester, VA 22602

Register on race day: from 8:00 am to 8:45 am

Kids mile open to children ages 6-13. Medallions will be given to the top male and female

**Proceeds benefit:** ABMS FFA Continuing FFA Scholarship for FFA Graduating Seniors from Sherando and Millbrook High Schools respectively

**Questions:** Contact Kathy Lineburg 540-303-0662: [Lineburk@fcpsk12.net](mailto:Lineburk@fcpsk12.net)

**\*\*Bicycles, skateboards, and animals prohibited\*\***

<i>FFA 5K Scholarship Run and Kids Mile</i>	
Print name: _____ Email: _____	Please circle the race you will be participating in (one form per entry) 5K or Kids Mile
Address: _____	
City: _____ State: _____ Zip: _____	
Phone: _____	
Age as October 19, 2019 _____ MALE: _____ FEMALE: _____	
Adult Shirt Size _____ (pre-registration only)	

For further information and to register visit the ABMS website:

TO REGISITER: <https://korgeo.com/signup?eid=52>

Or <https://abm.frederick.k12.va.us/>: Make checks payable to ABMS w/notation FFA 5K