Cannon Run 4 Mile & 1km Kids Fun Run

September 9, 2018

Cannon Run 4 Mile - 8:30AM

Registration: Cost until Aug 17, 2018 is $25, from Aug 18 to Sept 8 is $30 and $35 after Sept 8, 2018. Fee includes a sublimated shirt and finisher's medal.

Course: This 4 mile race is on an USATF certified course, starting and finishing on River Road in the Historic Port of Falmouth Park. Course runs the full length of River Road with a loop around Pratt Park. Course is mostly flat with a few short hills.

Awards: The top 3 men and women overall will receive a special commemorative award.

Age Groups: The top man and woman in each of the following age groups will receive a special commemorative award: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39 40-44, 45-49, 50-54, 55-59, 60-69 and 70 & over.

1km Kids Fun Run - 8 AM

Registration: Cost until Aug 17, 2018 is $15 and $20 after Aug 17, 2018. Fee includes a shirt and finisher's medal.

Course: This 1km course, starts and finishes on River Road in the Historic Port of Falmouth Park. Course runs entirely on River Road. Course is flat.

Awards: The top 3 boys and girls 12 years old and younger will receive a special commemorative award.

Location: Saint Clair Brooks Park at 80 Butler Rd, Falmouth, VA 22405 north of Fredericksburg, Virginia. Plenty of parking

Chip Timing will be provided by Race Timing Unlimited, using Chronotrack Bib Tags. Bibs are to be worn on your front. No Bib, No Time.

Race day registration will be held from 7 to 7:45am. Please arrive early to allow yourself enough time to complete the registration process.

Packet Pick Up & Late Registration: Race numbers and T-shirts may be picked up at Historic Port of Falmouth 401 River Rd, Falmouth, VA 22405 on Saturday September 8 (10am to 5pm) Packets not picked up will not be mailed. No Refunds.

Important Information: To ensure runner safety, unregistered runners, unauthorized vehicles, bicycles, skateboards, roller skates and roller blades and running with dogs are prohibited on the course. Course is closed to traffic, headphones are discouraged. No stroller pushing faster than 15 minutes per mile.

Directions from I-95, exit 133 – take Route 17 South, after about 2 miles, road changes to Butler Road at the Falmouth traffic light. Saint Clair Brooks Park is about 1 mile on the right

Race Held Rain or Shine No refunds for postponed or cancelled race.

Register on-line at
www.cannonrun.org

www.TourStaffordVA.com

Yankees in Falmouth 4 Mile Cannon Run & 1km Kids Fun Run– 9/9/2018

Date of Birth (mm-dd-yy) **Age** **M/F** **E-Mail Address**

Last Name **Phone**

First Name

Address

City **State** **Zip**

T-Shirt Size	Youth Small	Youth Medium	Youth Large	Adult Small	Adult Medium	Adult Large	Adult XL

4 Mile Fees:

Until Aug 17, 18	$25
Aug 18 to Sept 8	$30
After Sept 8, 18	$35

1 km Fees

Until Aug 17, 18	$15
After Aug 17, 18	$20

Total Paid:

In consideration of the foregoing, I for myself, executors and administrators, waive and release any and all rights and claims for damages I may have against Race Timing Unlimited and Stafford County, and any and all sponsors or supporters, actions whatsoever in any manner as a result of my or my child's participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use my or my child's likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Signature
Or Parent Signature if under18 Date

Make checks payable to: Stafford County **Mail to: Stafford County Tourism PO Box 339 Stafford, VA 22555**