

Registration

- Do NOT mail entries after September 20, 2010, remember that you can register at packet-pickup the day before the event
- Use entry form on reverse side of this page. Copies can be made. Please fill out the form completely and SIGN!
- Address and who the checks are made payable to are located on both sides of this form (FARC)
- You can also register online at www.racetimingunlimited.org or through the Fredericksburg Area Running Club's website www.runfarc.com. Online registration closes September 22.
- Entry fees are non-refundable, and race will be held rain or shine**
- For more information e-mail: gsbraswell@verizon.net or check the Fredericksburg Area Running Club website at www.runfarc.com, or call (540) 834-2440**



Race Fees

5k Run/Walk: Adults - \$22.00 postmarked by September 11. \$25.00 thereafter, and Race Day - \$25.00.
5k Run/Walk: Students (18&U) - \$15.00 postmarked by September 12. \$15 thereafter, and Race Day - \$15.00.
1-Mile Youth Fun Run: 14 & U - \$10.00 (same fee for race day)

T-shirts guaranteed to all pre-registered runners – no guarantee of shirt on race day if you register late!

Winning Chip Timing

5k timing is provided by Race Timing Unlimited. All chips will be picked up on race morning, and must be worn on ankle. No chip, No Time.

Awards

Open: The top 3 men and women Open finishers

Masters (40+): Top male/female

Age Groups: The top 3 men and women in each of the following 5 year age groups will receive an award: 14 & U, 15-19, 20-24, continuing to 65 & over.

There are no awards for the Youth 1 Mile Fun Run, but all runners will receive a finishers medal!

Refreshments for all participants and volunteers immediately after the athlete is finished.

School Competition: The schools with the most participants will be awarded \$1,000 (1st place), \$500 (2nd), and \$250 (3rd).

Packet Pick Up & Late Registration: Late Registration, Race numbers and t-shirts may be picked up at VA Runner, on Friday, September 24 (10 am – 7 pm). and Saturday (Race Day) at Courtland High School from 6:30-7:45 (1 miler) and 6:30 – 8:15 for the 5k.

Race day registration will be held at Courtland High School., from 6:30- 8:15 a.m. for the 5k, and 6:30-7:45 a.m. for the Mile Fun Run. **Unclaimed packets will not be mailed to entrants.**

Please arrive early to allow yourself enough time to complete the registration process.

Directions: From I-95 (North or South) – Exit 126B, Massaponnax, turn right at bottom of exit ramp Upon entering Route 1 turn **right** just a few feet prior to the 3rd stop light (Southpoint Pkwy) in the far right lane designated for right hand turns only (Chick Fil A is on right). Proceed North on Southpoint Pkwy to the second stop light. This is the intersection of Southpoint Pkwy and Courthouse Road. Turn **left** onto Courthouse Road and proceed West to the 6th stop light. This is the intersection of Courthouse Road and Smith Station Road. Turn **left** at the 6th light onto Smith Station road and the school is on the **left hand side a little less than a mile away**. The High School sits about 3/4 mile off of the road in between that administration building and Courtland Elementary.

Important Information: To ensure runner safety, unregistered runners, unauthorized vehicles, bicycles, skateboards, roller skates and roller blades, baby joggers, the **wearing of headphones**, and running with dogs are prohibited on the course.



The Free Lance-Star



sport&health



Please Send Entry Forms to:
"Fredericksburg Area Running Club"
P.O. Box 3653
Fredericksburg, VA 22402

Please Send Donations to:
"Community Foundation of the
Rappahannock River Region"
ATTN: Baron P. Braswell II Memorial
Scholarship Fund
P.O. Box 208
Fredericksburg, VA 22404 -0208
(Office) 540-373-9292