

Registration

DO NOT mail entries after September 16, 2019. You can register at packet-pick-up the day before the event or on race day.

Use entry form on reverse side of this page. Copies can be made.

Please fill out the form completely and SIGN!

Make checks payable to *Fredericksburg Area Running Club* and send to: FARC, P.O. Box 3653, Fredericksburg, VA 22402

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 18, 2019.

Entry fees are non-refundable and race will be held rain or shine

*****T-SHIRTS GUARANTEED TO ALL PRE-REGISTERED RUNNERS. IF YOU REGISTER LATE, NO GUARANTEE OF SHIRT ON RACE DAY.*****

Need more information?

E-mail Gwen Braswell-Nash: braswellrun@gmail.com or call 540-834-2440
Visit the Fredericksburg Area Running Club website at www.runfarc.com

Awards

The top 3 overall men and women finishers receive cash prizes. First place finisher: \$400, second place: \$200, third place: \$100.

Masters (40+): Top male and female will receive a gift certificate valued at \$75.

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.

Youth 1 Mile Fun Run participants will receive a finishers medal.

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

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



Chronotrack Timing

Chip Timing will be provided by Race Timing Unlimited for the 5k, using Chronotrack Bib Tags. Bibs are to be worn on your front. No bib, no time. All awards are based on gun time.



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. Baby joggers allowed for walkers only.

Directions

From I-95 (North or South) – Exit 126B, Massaponax, 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.

Race Day Registration

Courtland High School

5K - 6:30 am - 8:15 am

1 Mile Fun Run - 6:30 am - 7:45 am

Packet Pick-up and Late Registration

Late registration, race numbers and t-shirts may be picked up at

**Lucky Road Run Shop,
Fredericksburg**

Friday, Sept. 20 - 10 am - 6 pm

Courtland High School

**Race Day - 6:30 am - 7:45 am (1 Miler)
and 6:30 am - 8:15 am (5K)**

Unclaimed packets will not be mailed to entrants.



Race Fees

5k Run/Walk - Adults

\$28 - postmarked by Sept 7

\$30 - postmarked after Sept 7

\$35 - Race Day

5k Run/Walk - Students

**Student (K-12 with ID) - \$15 - postmarked
by Sept 7 (same fee for race day)**

1-Mile Youth Fun Run

**14&U - \$10 - postmarked by Sept 7
(same fee for race day)**

Add \$5 for 2X, 3X, and 4x shirt sizes

