

# 17th Annual Baron “Deuce” P. Braswell II Run/Walk Against Teen Violence 5K & Youth 1 Mile



Saturday, September 17th, 2022

[www.braswellrun.com](http://www.braswellrun.com)

A Coldwell Banker Elite Grand Prix Race Series - #10

This family-oriented event was created to bring our community together for a common goal. We will join together to bring a continued awareness to the issue of teen violence, the effects of teen violence on the victim, the families involved, the perpetrator and the community as a whole.

The run is a combination event: a 5K run/walk and a 1 mile fun run for kids 14 & under. There is a raffle for prizes, guest speakers to provide dialogue on issues pertaining to teen violence, food, music, moon bounces and more.

Baron was a sixteen year old Courtland High School student and varsity football player who was murdered on the 20th of January 2006. This senseless act of violence should not be forgotten. We as a community need to take a stand against teen violence and not accept it as a part of our daily lives.

This event honors Baron’s memory, addresses teen violence issues, positively impacts the community, and support the efforts of the Baron “Deuce” P. Braswell II Memorial Scholarship Fund. The fund awards scholarships to assist college bound seniors who have excelled both academically and athletically and are graduates from the City of Fredericksburg, Spotsylvania, Stafford, King George or Caroline County school districts.

Help us to educate our young while participating in an event that is both beneficial to health, heart and mind.

You can see more race details and information on the back of this form.

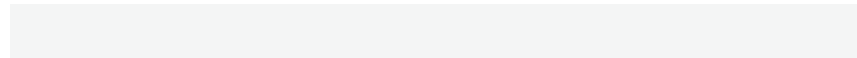
**Please join us in supporting the Fredericksburg Area Food Bank in reaching their goal of creating a hunger-free community. Bring a non-perishable food item or toiletries with you to either the packet pick up or to the race. All proceeds from this food drive will benefit the FAFB.**

**8:00 am**  
Youth 14 & Under 1 mile fun run begins

**8:30 am**  
5k Run/Walk begins

**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



## Baron P. Braswell II 5K Run/Walk Against Teen Violence & Youth 1 Mile Fun Run

|                          |                      |                      |                      |                      |                      |                      |                      |                      |                      |                      |                      |                      |                      |             |                      |                      |   |
|--------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-------------|----------------------|----------------------|---|
| <input type="text"/>     | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | Choose<br>shirt size | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | Choose race | <input type="text"/> | <input type="text"/> | <b>Add \$5 for 2X, 3X,<br/>and 4X shirt sizes</b> |
| Date of Birth (mm-dd-yy) |                      |                      |                      |                      | Age                  | M/F                  | Youth sizes          |                      |                      | Adult sizes          |                      |                      |                      | 5K          | Youth 1 Mile         |                      |   |

|                      |                      |
|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> |
| Last Name            | First Name           |

Address

|                      |                      |                      |
|----------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| City                 | State                | Zip Code             |

|                                       |                                      |
|---------------------------------------|--------------------------------------|
| <input type="text"/><br>Email Address | <input type="text"/><br>Phone Number |
|---------------------------------------|--------------------------------------|

Additional Donation to Scholarship Fund \$

**Postmarked by Sept 4, 2022**

- \$10 - Youth Mile Fun Run
- \$15 - 5K Student(K-12 with ID)
- \$35 - 5K Adult

**Postmarked after Sept 4, 2022**

- \$10 - Youth Mile Fun Run
- \$15 - 5K Student(K-12 with ID)
- \$40 - 5K Adult

**Race Day** - \$45 for all Adults.  
Students with valid ID will enter  
with previous entry fee of \$15.

**Incomplete or unsigned entry forms will not be accepted!** 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 the Fredericksburg Area Running Club (FARC)/Spotsylvania County, and any and all sponsors or supporters, actions whatsoever in any manner as a result of my 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.

Signature (parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_  
School Name \_\_\_\_\_

## Registration

**DO NOT** mail entries after September 8, 2022. 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.runsignup.com](http://www.runsignup.com) or through the Fredericksburg Area Running Club's website [www.runfarc.com](http://www.runfarc.com).

**Online registration closes September 16, 2022.**

**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](mailto:braswellrun@gmail.com) or call 540-834-2440  
Visit the Fredericksburg Area Running Club website at [www.runfarc.com](http://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 **ARSENAL EVENTS**, 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. **ADDRESS: Courtland High School - 6701 Smith Station Road, Spotsylvania, VA 22553.**

**Earn \$500 through Germanna Community College Race for Credits!**

For details, visit <http://www.braswellrun.com>

## 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. 16 - 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**

**\$35 - postmarked by Sept 4**

**\$40 - postmarked after Sept 4**

**\$45 - Race Day**

**5k Run/Walk - Students**

**Student (K-12 with ID) - \$15 - postmarked  
by Sept 4 (same fee for race day)**

**1-Mile Youth Fun Run**

**14&U - \$10 - postmarked by Sept 4  
(same fee for race day)**

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

