



# Civitan 10K RACE AND 5K RUN/WALK

## Monday, May 28, 2018

### 10k at 7am & 5k at 7:10am

**Location:****Quarles Petroleum- 1701 Fall Hill Ave., Downtown Fredericksburg VA, 22401****Packet Pick-up:** Sunday, May 27<sup>th</sup> from 12:00 PM to 4:00 PM at the Lucky Road 540-479-8356**Directions:** From I-95 take Exit 130A (Route 3 East Fredericksburg). Continue on Route 3 East for approximately 1.25 miles through downtown Fredericksburg. Route 3 is known as William Street when you are in the City. Turn left on Prince Edward St., Quarles is approximately 1 mile ahead, just as you enter Fall Hill Ave. Contact: Terry McLaughlin at (540-371-9622, ext.1022 or e-mail to: [tmclaughlin@family-ymca.org](mailto:tmclaughlin@family-ymca.org).**Awards:** 5k awards will begin at approximately 8:15am and 10k awards at 8:30am. Both 5k & 10k: Awards will be given to top male and female overall winners as well as to the top 3 finishers in each of the following age groups: 13 & under (5k only), 14-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over(5k only).**Course:** Please go to [www.racetimingunlimited.org](http://www.racetimingunlimited.org)**Registration:** Race day:. Registration can be done in advance online at: [www.racetimingunlimited.org](http://www.racetimingunlimited.org) or mail registration form and check/money order to: YMCA 212 Butler Rd. Falmouth, VA 22405**Fees: Postmarked by May 11, 2018: 5 K : \$18 each 10K: \$20 each****Postmarked after May 11, 2018: 5 K : \$20 each 10K: \$22 each****Race Day Registration:** \$25 5:45 – 6:45 AM at Quarles Petroleum*Entry Fees are non-refundable***Refreshments:** Post-race refreshments include bagels, Bars and cookies will be available immediately after the finish**Restrooms:** Porta-Johns will be available near the race finish and the Quarles Petroleum restrooms will be available.

\*\*\*Socks will be given to the first 300 participants for the Civitan 10K and 5K Run

**Thank you to our sponsors: Lewis Insurance, Lucky Road, 95.9 WGRQ, Thunder 104.5, Pohanka Honda of Fredericksburg race series, Quarles Petroleum and Civitan**

Last Name:

First Name:

Address:

City:

State:

Zip Code:

Date of Birth (mm-dd-yy)

Age:

Sex M/F

\*\*\*Socks will be given to the first 450 runners to register for the Civitan 10K and 5K Race

Sock Size (circle one):

 S

W5-8

 MW8.5-10.5  
M7-9.5 LW11-13  
M10-12 XL

M12.5+

**Postmarked by May 11, 2018** 5K : \$18 each 10K: \$20 each**Postmarked after May 11 2018** 5 K : \$20 each 10K: \$22 each

E-Mail:

Phone:

*Entry Fees are non-refundable*

In consideration of the foregoing, I for myself, executors, and administrator, waive and release any and all rights and claims for damages I may have against the Rappahannock Area YMCA, Inc., RTU, FARC, and any and all participating sponsors and supporters for all claims and damages, 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 hereby grant full permission to any and all of the foregoing to sue my likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Signature (parent if under 18) \_\_\_\_\_

Massad Family YMCA  
212 Butler Rd.  
Falmouth, VA 22405

Phone: 540-371-9622

Fax: 540-899-3694

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