



**Awards:** Awards to the top three overall finishers (Cash prize of \$100, 50, 25), and the top 3 male/female finishers in each age division. Age divisions are: 14 & U, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

**Support:** Course Marshals along run course to protect the runners, and fluid stations at Mile 2 and 4 of the run course.

**6th Race in the Coldwell Banker Elite Grand Prix race series** – no headphones, dogs, baby strollers, or wheeled devices allowed on course. Disqualification will occur if these rules are broken.

**Packet Pick-up/Registration on July 2 and July 3:** Packet pickup at VA Runner during regular store hours. ([www.varunner.com](http://www.varunner.com) for directions) – (540) 548-1566

**Packet Pick-up/Registration Race Day, July 4:** 6:30 AM until 7:30 AM at the Fredericksburg Visitors Center on Caroline Street. Please allow yourself enough time to complete the registration process. Come Early!

**Run Course:**

Run is a scenic 5 mile  
USTF Certified Course  
which runs along the  
Rappahannock River and  
other shaded areas of the  
City of Fredericksburg

Race Starts near  
Fredericksburg Train  
Station on Caroline Street.

**Entry Fees:**

Postmarked no later than 6/27, or up to July 3 - \$20.00

Race Day Registration - \$25.00

**More Info:**

Call 540-373-7014

**Directions:**

From I-95 South or North, take exit 130 to Fredericksburg/William Street/Route 3 East. Stay on this road until you see the signs pointing you to Old Town Fredericksburg/William Street. Turn left onto William Street. Follow William Street until Princess Anne Street. Park anywhere between Caroline Street and Princess Anne Street. Packet pickup is at the Fredericksburg Visitors Center, and race start is approximately 2.5 blocks from there.

**For online registration:**

[www.racetimingunlimited.org](http://www.racetimingunlimited.org)

**RACE TIMING**



**UNLIMITED**

Send Check or Money Order to:

Heritage Festival Run  
4008 Duke of Gloucester St.  
Fredericksburg, VA 22407

Check made out to:  
**Fredericksburg Host Lions**

**Fredericksburg Host Lions – Heritage Festival 4<sup>th</sup> July - 5 Mile Race - 2009**

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
<b>Date of Birth (mm-dd-yy)</b>		<b>Age</b>	<b>M/F</b>	<b>E-Mail Address</b>		
<input type="text"/>				<input type="text"/>		
<b>Last Name (ie. Smith)</b>				<b>Phone</b>		
<input type="text"/>				<input type="text"/>		
<b>How should name appear in results (ie John Smith)</b>						
<input type="text"/>						
<b>Address</b>						
<input type="text"/>				<input type="text"/>	<input type="text"/>	
<b>City</b>				<b>State</b>	<b>Zip</b>	

**FEES**

On or before 7/3: \$20.00

Race Day: \$25.00

mail before 6/27/09

**Shirt Size: S, M, L, XL**

**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)/Fredericksburg Host Lions Club, 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.

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