



Great Train Race

Caboose Run

George Dashington

SUNDAY, MAY 5, 2019 RAIN OR SHINE!

www.GTRfredericksburg.com

1 Mile Run: 18 & Under Only. Runners need to arrive at the starting area within 20 min of start time to pick up race chip used for timing. Race is limited to the first 3000 entries!

George Dashington: ages 6 – 12. 1/2 mile dash. Not timed. Limited to 300 runners. Race will begin at 11:00

Caboose Run: ages 5 & Under: Quarter mile fun run. Eight heats run at intervals. Race will begin at 11:30. Limited to 500 runners.

All race rules will be posted - www.runfarc.com Timing by Race Timing Unlimited with Chronotrack Chips. Chips will be distributed on race day. No Chip, No Time.

School Participation Award: Top Three schools will win the school participation award! 1st Place: \$500 2nd Place: \$250 3rd

Place: \$250 in Dick's Sporting Goods Gift Certificates!



School Participation Award Sponsor

Registration Information:

Entries postmarked by April 23, 2019: \$15 or \$12 each runner for family of 3 or more runners. Late entries after April 23, 2019: \$20 or \$15 each runner for family of 3 or more runners.

Online registration at www.runfarc.com starting @ noon on January 1. Online and mail in registration will close on April 23. Do not mail entries after 4/17. If there are entries available after April 23, they will be for sale on a first-come, first-served basis at PACKET PICK-UP Location: DICK'S SPORTING GOODS – Spotsylvania Towne Centre beginning Thurs. May 2nd @ 10:00 a.m. Cash or Check only. Entry fees are non-refundable. Packet pick-up: Thurs. 5/2 & Fri. 5/3 10:00-7:00 and Sat. 5/4 10:00-5:00.

Mail to: GTR, PO Box 7864 Fredericksburg, VA 22404, check payable to: (FARC) Fredericksburg Area Running Club. One child per form. T-Shirts are NOT Guaranteed for Late Registrants.

First Name

Last Name

Grid for First Name

Grid for Last Name

Address

Grid for Address

City

State

Zip Code

Telephone Number

Grid for City

Grid for State

Grid for Zip Code

Grid for Telephone Number

Date of Birth

Race Day Age

M/F

Email Address

Grid for Date of Birth

Grid for Race Day Age

Grid for M/F

Grid for Email Address



School Affiliation: _____

EVENT: ___ ONE MILE RACE ___ CABOOSE RUN ___ GEORGE DASHINGTON

SHIRT SIZE ___(Y6/8) ___(Y10/12) ___(Y14/16) ___(A/S) ___(A/M) ___(A/L) ___(A/XL)

FEE: Until April 23, 2019 ___\$15, ___\$12 each (for family 3+)
After April 23, 2019 ___\$20, ___\$15 each (for family 3+)

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, 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

Parent signature: _____ Date: _____