



FCHC Twilight 5km Run/Walk

July 25, 2009 – 7pm

Run to benefit the Fredericksburg Christian Health Center

Location: Loriella Park in Spotsylvania County, Virginia. Please park in the large parking lot near the soccer fields.

Registration: Cost until July 7, 2009 is \$14 and \$19 thereafter. Race day fee is \$24. Want a race T-shirt? Add \$6 more. T-shirts may not be available for runners registering after July 7, 2009. Register online at www.racetimingunlimited.org

Race day registration will be held from 6 to 6:45pm. Please arrive early to allow yourself enough time to complete the registration process.

Race Benefits: The Fredericksburg Christian Health Center which provides health care to uninsured area residents. Donations to FCHC are tax deductible.

Course: This 5 km road race is on an out and back USATF Certified course, running on Leavell's, Oak Grove, Massaponnax, Cambridge and Wellington. Course is mostly flat.

Chip Timing will be provided by Race Timing Unlimited, using Winning Time Chips. Chips will be distributed at Loriella Park starting at 6pm on race day. Chips are to be worn on the right ankle. No Chip, No Time.

Awards: Top 3 men and women will receive gift certificates, (\$100, \$50, \$25).

Age Groups: The top 3 men and women in each of the following 10 year age groups will receive an award: 19 & U, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over (mugs). Race management reserves the right to split the largest registered age groups into 5 year age groups.

Brightest Clothing Award: VDOT has asked participants to wear bright clothing. The runner with the brightest clothing will receive a \$50 gift certificate.

Packet Pick Up & Late Registration:

Race numbers and T-shirts may be picked up at VA Runner on Friday July 24 (10am to 5pm) and at Loriella Park on July 25 (starting at 6pm). Packets not picked up will not be mailed.

Important Information: To ensure runner safety, unregistered runners, unauthorized vehicles, bicycles, skateboards, roller skates and roller blades, **the wearing of headphones** and running with dogs are prohibited on the course. Competitive stroller pushing is not allowed.

Directions from I-95, exit 130 – take Route 3 west. Turn left on Salem Church Road. After Harrison Road, road name changes to Leavells Road. Park is on the right.

Race Held Rain or Shine

www.racetimingunlimited.org



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

Fees:

Until Jul 7, 2009	\$14
After Jul 7, 2009	\$19
On July 25, 2009	\$24

T-shirt	Add
Circle size	\$ 6

S M L XL

Donation to FCHC

Total Paid:

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 Race Timing Unlimited, Fredericksburg Christian Health Center and Spotsylvania County, and any and all sponsors or supporters, actions whatsoever in any manner as a result of my or my child's 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. I have read the above conditions and accept them as shown by my signature.

Signature (Parent if under 18)

Date

Make checks payable to: Race Timing Unlimited

Mail to: Race Timing Unlimited, 20 Cathedral Ln, Stafford, VA 22554