HARTWOOD 10 MILER
August 23, 2009 – 7:00 AM

9th Race in the Coldwell Banker Elite Grand Prix Series

Fredericksburg Area Running Club

Celebrating 15 Years

Winning Time Chip Timing provided by Race Timing Unlimited

Registration: To register, complete the attached entry form and mail with your check made out to "FARC" to: FARC - 10 Miler, PO Box 3653, Fredericksburg, VA 22402
Do NOT mail entries after August 17
Register online at www.racetimingunlimited.org. Online registration closes August 22. Entry fees are non-refundable

The Hartwood 10 Miler (USATF-certified VA01019RT) starts and finishes at Curtis Memorial Park in Stafford County. The course is a scenic 10-mile run through the Hartwood countryside.

Following the race, enjoy refreshments poolside during the awards ceremony and cool off in the park's 50m pool. The shower facilities are also available for runners after the race.

FARC members: $25 postmarked by August 12. $30 thereafter.
Non-members: $30 postmarked by August 12. $35 thereafter.
Technical Shirts guaranteed to all pre-registered runners. Finishers will receive a custom commemorative glass.

Open: The top 3 men and women Open finishers will receive cash awards: **Masters (40+):** Top 3 men/women cash awards.

Age Groups: The top 3 men and women in each of the following 5 year age groups will receive an award: 19 and under, 20-24, continuing to 65-69, 70+.

Clydesdale & Athena: Top 3 men and women finishers in this division will receive an award. You will not be eligible for age group awards if you select one of these divisions: Men Open 200+, and Women 150+

Packet Pick Up & Late Registration: Race numbers and t-shirts may be picked up at VA Runner, on Friday, August 21 (10-7 pm). and Saturday, August 22 (10-5 pm). **www.varunner.com** for directions.
On race day, race packets may be picked up at Curtis Memorial Park from 5:45 a.m. – 6:45 a.m.

Race day registration will be held from 5:45 a.m.– 6:45 a.m. at Curtis Memorial Park.
Please arrive early to allow yourself enough time to complete the registration process.
Unclaimed packets will not be mailed to entrants.

Directions: From I-95, take Rte. 17 North (Exit 133 toward Warrenton). Go 5.3 miles, turn right on Rte. 612 (Hartwood Rd.). Follow Rte. 612 for 2.5 miles. Turn right into Curtis Memorial Park.

Important Information: To ensure runner safety, unregistered runners, unauthorized vehicles, bicycles, skateboards, roller skates and roller blades, baby joggers, the **wearing of headphones**, and running with dogs is prohibited on the course. ***Fredericksburg Area Running Club reserves the right to enforce penalties up to and including disqualification.***

Proceeds will support local high school cross country teams and the Virginia Breast Cancer Foundation.

Information: www.runfarc.com or e-mail caren_walker@verizon.net

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Date of Birth (mm-dd-yy) | Age | Sex M/F | T-Shirt (circle) S M L X | Phone #

Last Name | First Name

Address

City | State | Zip Code

E-mail Address

Clydesdale/Athena Division: M-200+ W-150+ (circle one)

Postmarked by Aug 12

☐ $25.00 - FARC

☐ $30.00 – non FARC

Postmarked after Aug 12

☐ $30.00 - FARC

☐ $35.00 – non FARC

Payment Method

Send Check or Money Order to:

FARC-10 Miler
PO box 3653
Fredericksburg, VA 22402

Make Check Payable to:

Fredericksburg Area Running Club

Or register online at www.racetimingunlimited.org

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)/Stafford Parks and Recreation, 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:** _____