

# 5th Annual YoungLives and Top Choice Homes, Inc.

## 5K Run/Walk & Tot Trot

7:30 a.m. 5K

Saturday, September 12, 2009

8:45 a.m. Tot Trot



YoungLives Fredericksburg  
Ministry to teen moms



**Benefactor:** *This is a non-profit event, and all proceeds from the race will benefit teen moms in our local area. We greatly appreciate your support.*

**Course Info:** Our certified 5K course begins under the railroad trestle on Caroline St. at 7:30 am and ends at the City Dock Park in Downtown Fredericksburg. The course is a scenic run through historic downtown Fredericksburg. Roads will be open to partial traffic during race. The race will be timed by "Race Timing Unlimited". ¼ Mile Tot Trot will meet at the City Dock at 8:45am to begin.

**Registration:** To register, complete the attached entry form and mail with your check made out to YoungLives: YoungLives 5K, P.O. Box 3545 Fredericksburg, VA 22402. Pre-registration entries are due by August 28. Entry fees are non-refundable. **You may also register online at [www.ACTIVE.com](http://www.ACTIVE.com).**

**Fees:** Early registration: 5K \$20 non-FARC members and \$18 for FARC members. Tot Trot \$7. **All PRE-registered participants are guaranteed to receive a long-sleeved t-shirt (children will receive short-sleeved shirts)!! Late registrations will receive shirts on a first-come first-served basis.** After 8/28/09, entry fee will be increased: 5K \$25 for all runners and Tot-trot \$9.

**Packet Pick-up and Late Registrations:** Race packet may be picked up at VA Runner (Central Park Shopping Center, 1993 Carl D Silver Pkwy) on September 11 from 10:00 am until 7:00 pm and on race day from 6:15-7:15 am at the City Dock Park. Race day registrations will be held from 6:15-7:15 am at the City Dock Park (please arrive early).

**Awards/Ceremony:** Awards will be given to the top male and female overall finishers as well as to the first, second and third place male and female finisher in each division. All tot-trot participants will receive an award. The ceremony will begin at the City Dock Park immediately after the tot trot. Drawings for door prizes will also be held. Parking is available at the City Parking Facility at Sophia and Wolfe Street. Refreshments will be provided.

**Race divisions:** *Age*, 6 and under, 7-10, 11-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60 and over.  
*Clydesdale and Athena*, Male 200 + lbs, Female 150 + lbs (please indicate on your registration form)  
*Tot Trot*, age 6 and under, 7-10 (please indicate on your registration form)

**Important Information:** To ensure the safety of all participants, bicycles, rollerblades or skates, skateboards, running with headphones or dogs, unauthorized vehicles, and unregistered runners will not be allowed on the race course. Jogging strollers may be used, but must start at the back of the pack.

If you have any questions, please contact Katie Pirch at the Young Life office 540-318-5324 or via email [younglivesfburg@gmail.com](mailto:younglivesfburg@gmail.com).

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**Registration Form: PLEASE PRINT NEATLY & FILL OUT COMPLETELY to ensure prompt, accurate processing.**

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** \_\_\_\_\_ **5K or Tot Trot (circle)** **Adult T-Shirt:** S M L XL

**Name:** \_\_\_\_\_ **School:** \_\_\_\_\_ **Kids T-shirt:** S M L

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Clydesdale or Athena (circle)**

**I would also be interested in supporting YoungLives through a donation in the amount of \$\_\_\_\_\_.**

In consideration of the foregoing, I, for myself, executors, and administrators, waive and release any and all right and claims for damages I may have against the organizers or sponsors of the YoungLives 5K, and verify that I am physically fit and have sufficiently trained for the competition of this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness for further publicity or advertising. I have read the above following conditions and accept them as shown by my signature.

X \_\_\_\_\_

Date: \_\_\_\_\_

(Signature. Parent must sign if runner is under 18.)