

Resolution RUN 5km

January 1, 2019 - 11AM

Location: Rappahannock YMCA, 212 Butler Road
Fredericksburg, VA 22405

Registration: Cost until Dec 10, 2018 \$30, from Dec 11 to 29, \$35 and \$38 after Dec 29, 2018. Fee includes a long sleeve cotton T-shirt. If you don't want a T-shirt, pay only \$20 until Dec 10, 2018, \$25 from Dec 11 to 29 or \$28 after Dec 29, 2018. T-shirts may not be available for runners registering after Dec 10, 2018.

Course: This 5 km race is a USATF Certified course running on paved surfaces at YMCA, a little of the Pratt Park dirt loop and the paved Belmont Ferry Farm trail.

Awards: Top 3 men and women will receive gift certificates (\$50, \$35, \$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 (gift certificates). Race management reserves the right to split the largest registered age groups into 5 year age groups.

Chip Timing will be provided by Race Timing Unlimited, using Chronotrack Bib Tags. Bibs are to be worn on your front. No Bib, No Time. Awards are based on gun time.

Race day registration will be held from 10am until 10:45am. Please arrive early to allow yourself enough time to complete the registration process.

Packet Pick Up & Late Registration: Race numbers and T-shirts may be picked up at Lucky Road on Sunday Dec 30 (2 to 5pm) and at YMCA on Jan 1 (starting at 10am). 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, baby joggers and running with dogs are prohibited on the course. Strollers pushing faster than 15 minutes per mile is not allowed.

Directions from I-95, exit 133 – take Route 17 South, after about 2 miles, road changes to Butler Road at the Falmouth traffic light. YMCA is about 1 mile on the right.

Race Held Rain, Snow or Shine

**Register on-line with NO transaction surcharge at
www.racetimingunlimited.org**



Resolution Run 5 km – 1/1/2019 – 11 AM

<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
Last Name					Phone
First Name					
Address					
City				State	Zip

Fees:

Until Dec 10, 18 \$20
Dec 11 to 29 \$25
After Dec 29, 18 \$28

Long Sleeve T-Shirt \$10
Circle size

S M L XL

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 and Rappahannock YMCA, 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

Or Parent Signature if under 18

Date

Make checks payable to: Race Timing Unlimited

Mail to: Race Timing Unlimited, PO Box 8241, Fredericksburg, VA 22404