



# Sweethearts 4<sup>ever</sup> 4 Mile Run

Feb 8, 2009 – 10 AM

1<sup>st</sup> Race in the 2009 Coldwell Banker Elite Grand Prix Series



**Location:** Curtis Park in Stafford County, Virginia. Please park in the large parking lot near the pool.

**Registration:** Cost before January 25, 2009 is \$18 and \$23 thereafter. Fee includes a long sleeve cotton T-shirt. If you don't want a T-shirt, pay only \$10 before Jan 25, 2009 or \$15 thereafter. T-shirts may not be available for runners registering after Jan 24, 2009.

**Course:** This 4 mile race is on an out and back USATF Certified (VA08003RT) course, running on Hartwood Rd, Royal Hills, Tracy and Jesse Curtis Ln. Course is rolling hills.

**Chip Timing** will be provided by Race Timing Unlimited, using Winning Time Chips. Chips will be distributed at Curtis Park starting at 9am on race day. Chips are to be worn on the right ankle. No Chip, No Time.

**Awards:** Top man and woman will receive \$50 gift certificates.

**Age Groups:** The top 3 men and women in each of the following age groups will receive an award: 19 & U, 20-24, 25-29, 30-34, 35-39 40-44, 45-49, 50-54, 55-59, 60-69 and 70 & over (mugs).

**Couples Division:** The top 3 couples based on lowest age and gender adjusted combined times will receive \$50 gift certificates to a local restaurant. A couple is defined as two adults (18 or over) that have been in a monogamous relationship together for at least one year.

**Register on-line:** at

[www.racetimingunlimited.org](http://www.racetimingunlimited.org)

**Race day registration** will be held from 9 to 9:45am. 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 VA Runner on Saturday Feb 7 (10am to 5pm) and at Curtis Park on Feb 8 (starting at 9am). 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, **the wearing of headphones** and running with dogs are prohibited on the course.

**Directions** from I-95, exit 133 – take Route 17 North, after about 6 miles, turn right on Hartwood Rd, after 2 miles, turn right into Curtis Park.

**Race Held Rain or Shine:** In case of a snow emergency, race may be postponed until Feb 15. Check [www.racetimingunlimited.org](http://www.racetimingunlimited.org) web site for cancellation status.



Sweethearts 4ever 4 Mile Run – 2/8/2009 – 10 AM

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

**Fees:**

Until Jan 24, 2009 \$10  
After Jan 24, 2009 \$15

Long Sleeve T-Shirt \$8

Circle size

S M L XL

**Total Paid:**

**Couples Division: partners name**

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 Stafford 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