

Race for McGee 10km

June 20, 2009 – 7:30pm
Run to benefit the ALS Association

Location: Colonial Beach Boardwalk at Town Hill Park in Colonial Beach, Virginia.

Registration: Cost until June 2, 2009 is \$17 and \$22 thereafter. Entry fee does not include a T-shirt. Register online at www.racetimingunlimited.org

Race T-Shirts: While supplies last, short sleeve cotton shirts are \$5, short sleeve tech shirts are \$8 and long sleeve tech shirts are \$12. Tech shirts must be ordered by June 2, 2009 and cotton shirts are guaranteed if you order by June 2, 2009.

Race Benefits: The ALS Association which researches cures and supports victims of ALS (Lou Gehrig's Disease). Donations to ALS are tax deductible. You don't need to run to donate or buy a T-shirt.

Course: This 10 km road race is on an out and back USATF Certified course, running on Irving, Monroe Bay and Garfield. Course is flat.

Chip Timing will be provided by Race Timing Unlimited, using Winning Time Chips. Chips will be distributed at the start line starting at 6:30pm on race day. Chips are to be worn on the right ankle. No Chip, No Time. Don't want to complete the entire 10km? Don't pick up or wear your timing chip.

Awards: Top 3 men and women will receive gift certificates.

Age Groups: The top 3 men and women in each of the following 10 year age groups will receive a gift certificates: 19 & U, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over.

Post Race Party: Participants are invited to join in post race festivities at Town Hill Park to include burgers, hot dogs, watermelon and beer. If you don't want to run, but still want to join in the party, you must still register for the race.

Race day registration and Packet Pick-Up will be held from 6 to 7:15pm. Please arrive early to allow yourself enough time to complete the registration process. 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 Fredericksburg, Rt 3 East to King George, turn left on Rt 205 to Colonial Beach, turn left on Rt 205Y (Colonial Ave). Park is on the right just before Days Inn and Boardwalk.

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 June 2, 2009	\$17
After June 2, 2009	\$22
Short Sleeve Cotton T-shirt	\$ 5
Short Sleeve Tech T-shirt	\$ 8
Long Sleeve Tech T-shirt	\$12

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Donation to ALS

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, ALS Association and Town of Colonial Beach, 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