

Race Timing Unlimited
Presents



RACE FOR MCGEE



Sophia Street Studios

RUN FOR THOSE WHO CAN'T



Fall Hill
Gastroenterology
540-371-9696



COLONIAL BEACH, VA
10K 6~19~2010

7:30 p.m.



Start/Finish @ Boardwalk
Near Days Inn & Riverboat

Run to benefit the ALS Association

Run: Rain or Shine

Race Information and Course Maps: are posted and will be periodically updated at www.racetimingunlimited.org. No refunds of entry fees. Race cancellation and refund policies are posted on this website.

Registration: Cost on or before June 1, 2010 \$17 and \$22 thereafter.

Technical Tank Top optional: Costs an additional \$13. Shirts may not be available for runners registering after June 1, 2010. Women will receive women's cut and sized shirts.

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 race shirt.

Awards: Top three male and female finishers overall and top three male and female finishers in each age group will receive gift certificates.

Age Groups: Ten year age groups will be used, 19 and under to 70 and over.

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 and shirts may be resold or given to volunteers.

Important Information: To ensure runner safety, unregistered runners, bicycles, skateboards, roller skates and roller blades and running with dogs are prohibited on the course. Course is not closed to traffic, headphones are discouraged. Competitive stroller pushing is prohibited.

Course: This 10 km road race is on an out and back USATF Certified (VA09016RT) 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. 5km split on course is near start finish line. Awards are based on Gun Time.

Chips are not disposable. Any runner not returning their chip will be billed \$10.

Post Race Party: Participants are invited to join in post race festivities at Town Hill Park to include Cheeseburger in Paradise 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 Information: email: vic@farc.org or 540-657-1455

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.

Volunteers: If you want to volunteer for the race and participate in the post race BBQ, contact Janice Lasker at laskfam@gmail.com.

Register Online at:

www.racetimingunlimited.org

To Donate to the ALS Association:

www.ALSinfo.org/
netcommunity/calendarofevents

Race for McGee 10km

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Date of Birth (mm-dd-yy)		Age		M/F
<input type="text"/>				
Last Name				
<input type="text"/>				
First Name				
<input type="text"/>				
Address				
<input type="text"/>				
City			State	Zip
<input type="text"/>				

Email Address

Fees

Until June 1, 2010	\$17					
After June 1, 2010	\$22					
Technical Tank	Add \$13	Circle Size	S	M	L	XL

Donation to ALS Association

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, the 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
PO Box 8241
Fredericksburg, VA 22404

For more information: www.racetimingunlimited.org
540-657-1455
Email: vic@farc.org