



2012 YMCA CIVITAN 10K RACE AND 5K RUN/WALK



Monday, May 28, 2012 Both Races 7:00 AM

Location:**1201 Caroline St, Fredericksburg VA, 22401 – Near the Central Rappahannock Regional Library (CRRL)****Packet Pick-up:** Sunday, May 27th from 12:00 PM to 5:00 PM at the VA Runner Store (540-548-1566)**Directions:** From I-95 take Exit 130A (Route 3 East Fredericksburg). Continue on Route 3 East for approximately 3.5 miles through downtown Fredericksburg. Route 3 is known as William Street when you are in the City. Turn left on Sophia Street (last traffic light before the bridge). Library is two blocks on the left. Contact: Terry McLaughlin at (540-371-9622, ext.1022 or e-mail to: tmclaughlin@family-ymca.org or visit www.ymcaracing.com**Awards:** 5k awards will begin at approximately 8am and 10k awards at 8:30am. Both 5k & 10k: Awards will be given to top male and female overall winners as well as to the top 3 finishers in each of the following age groups: 13 & under (5k only), 14-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69 and 70 & over.**Course:** Please go to www.racetimingunlimited.org**Registration:** Race day. Registration can be done in advance online at: www.racetimingunlimited.org or mail registration form and check/money order to: YMCA 212 Butler Rd. Falmouth, VA 22405**Fees: Postmarked by May 14, 2012:** 5 K : \$15 each 10K: \$20 each**Postmarked after May 14, 2012:** 5 K : \$18 each 10K: \$22 each**Race Day Registration:** \$25 5:45 – 6:45 AM at City Library (CRRL)*Entry Fees are non-refundable***Refreshments:** Post-race refreshments include bagels, fruits, donuts, Michelob Ultra available immediately after the finish**Restrooms:** Porta-Johns will be available near the race finish (library) and the library restrooms will be available.

***Socks will be given to the first 325 runners to register for the Civitan 10K and 5K Race

Thank you to our sponsors: Civitan International, Race Timing Unlimited, BakeFresh, VA Runner, 95.9 WGRQ, Thunder 104.5, Michelob Ultra, Chick-Fil-A

Last Name:

First Name:

Address:

City:

State:

Zip Code:

Date of Birth (mm-dd-yy)

Age:

Sex M/F

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Sock Size (circle one):

 S

W5-8

 MW8.5-10.5
M7-9.5 LW11-13
M10-12 XL

M12.5+

E-Mail:

Phone:

Entry Fees are non-refundable

In consideration of the foregoing, I for myself, executors, and administrator, waive and release any and all rights and claims for damages I may have against the Rappahannock Area YMCA, Inc., RTU, FARC, and any and all participating sponsors and supporters for all claims and damages, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to sue my 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) _____

Massad Family YMCA
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