



FCHC Twilight 5km Run/Walk

July 31, 2010 – 7:30pm

Run to benefit the Fredericksburg Christian Health Center

Location: Spotsylvania Courthouse Village in Spotsylvania County, Virginia. At the pavilion on the Village Green.

Registration: Cost until July 14, 2010 is \$16 and \$21 thereafter. Race day fee is \$24. Want a race T-shirt? Add \$6 more. T-shirts may not be available for runners registering after July 14, 2010. Register online at www.racetimingunlimited.org

Race day registration will be held from 6:30 to 7:15pm. Please arrive early to allow yourself enough time to complete the registration process.

Race Benefits: The Fredericksburg Christian Health Center which provides health care to uninsured area residents. Donations to FCHC are tax deductible.

Course: This 5 km road race is on an out and back USATF Certified course, running on through the SpotsLee Subdivision. Course is rolling.

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.

Awards: Top 3 men and women will receive gift certificates, (\$100, \$50, \$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 (mugs). Race management reserves the right to split the largest registered age groups into 5 year age groups.

Packet Pick Up & Late Registration: Race numbers and T-shirts may be picked up at VA Runner on Friday July 30 (10am to 5pm) and at Spotsylvania Courthouse Village on July 31 (starting at 6:30pm). Packets not picked up will not be mailed and shirts may be resold or distributed to volunteers.

Important Information: To ensure runner safety, unregistered runners, unauthorized vehicles, 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 not allowed.

Brightest Clothing Award: VDOT has asked participants to wear bright clothing. The runner with the brightest clothing will receive a \$50 gift certificate.

Directions Spotsylvania Courthouse Village is 10 miles west of Fredericksburg, Virginia on Route 208. Turn left on Old Battlefield Rd just east of Brock Rd.

Race Held Rain or Shine
On-line registration, Cancellation and Refund policies are listed at
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 Jul 14, 2010	\$16
After Jul 14, 2010	\$21
On July 31, 2010	\$24

T-shirt	Add
Circle size	\$ 6

S M L XL

Donation to FCHC

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, Fredericksburg Christian Health Center and Spotsylvania 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, PO Box 8241, Fredericksburg, VA 22404