



# AIDS 5km Walk Run and FredStock 09 Music Fest

June 28, 2009 – 8am  
Run to benefit H.O.M.E.

**Location:** Cannon Ridge Golf Course in Stafford County, Virginia. There is a special parking area for the walk, run and concert. Follow directional arrows to parking.

**Race Benefits:** H.O.M.E. which provides direct support and assistance to children infected with HIV/AIDS. Donations to HOME are fully tax deductible.

**Race day registration** will be held from 7 to 7:45am. Please arrive early to allow yourself enough time to complete the registration process.

**Registration:** Cost until June 8, 2009 \$15 and \$20 thereafter. Want a short sleeve cotton event T-shirt? Add \$10. T-shirts may not be available for walkers/runners registering after June 8, 2009. Register online at [www.racetimingunlimited.org](http://www.racetimingunlimited.org)

**Walk Run Fund Raising for HOME:** Walk or run as an individual or form a team, challenge friends and family to raise money for HOME. Pledge forms are available at [www.racetimingunlimited.org](http://www.racetimingunlimited.org). Individuals raising \$25 will receive a free T-shirt.

**Packet Pick Up & Late Registration:** Race numbers and T-shirts may be picked up at VA Runner on Saturday June 27 (10am to 5pm) and at Cannon Ridge Golf Course on June 28 (starting at 7am). Packets not picked up will not be mailed.

**Course:** This 5 km road race is on an out and back USATF Certified course on paved and gravel roads. There are some uphill in the first portion of the course.

**Awards:** Top 3 fastest men and women will receive gift certificates, (\$100, \$50, \$25).

**Chip Timing** will be provided by Race Timing Unlimited, using Winning Time Chips. Chips will be distributed at Cannon Ridge Golf Course starting at 7am on race day. Chips are to be worn on the right ankle. No Chip, No Time.

**Music Fest:** Please stay for a free music festival from noon until 9pm. Including fun activities and sports for kids and food vendors. Tents and blankets are welcome.

**Age Groups:** The top 3 fastest 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 (glasses). Race management reserves the right to split the largest registered age groups into 5 year age groups.

**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 prohibited.

**Directions** from I-95, exit 133B onto US-17 North. After 0.6 miles turn left on Sanford Dr. After 2.1 miles, turn left on Greenbank Rd, after 0.9 miles turn right on dirt road. Follow signs to parking.

**Race Held Rain or Shine**

**For Info:** 540-657-1455 or [vic@farc.org](mailto:vic@farc.org)



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<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"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>Last Name (ie Smith)</b>			<b>Phone</b>		
<b>How should name appear in results? (ie John Smith)</b>					
<b>Address</b>					
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<b>City</b>	<b>State</b>	<b>Zip</b>			
<b>Team Name</b>					

**Fees:**

Until Jun 8, 2009	\$15
After Jun 8, 2009	\$20
T-Shirt	\$10
Circle size	S M L XL XXL
Donation to HOME	<input type="text"/>
<b>Total Paid:</b>	<input type="text"/>

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, HOME, Cannon Ridge Golf Center 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