

THURSTON COMPANIES - YMCA

2010 John Robbins Organ Donor 8k Run

03.07.2010 – 8:00 AM

Organ Donation Currently, over 92,000 people are waiting an Organ transplant in the United State, more than 2,500 of them in Virginia. There were more than 28,000 transplants in the United State last year, more than 600 in Virginia. Three Virginians die each week waiting for a lifesaving Organ Transplants that doesn't come in time. Nationally, 18 men, women and Children die each day waiting for a transplant. One donor can save seven lives through Organ donation (heart, liver, pancreas, two kidneys, two lungs). For more information, visit save7live.org or call Lifenet at 866-728-3738. All participants are urged to sign an Organ donor Card.



COURSE: This course is a scenic, mostly level, certified USATF 8k course that runs through the streets of historic Fredericksburg. Water will be available on the course. For the safety of all runners, please avoid bringing your pets, all types of skates and radio headsets.

- ❖ **Directions:** From I-95, take the Route 3 East Exit #130; stay on Rt. 3 East (aka William Street) for about 1.25 miles into town. As you enter the business district, turn left on Prince Edward Street, Pratt Clinic is approximately 1 mile ahead, just as you enter Fall Hill Avenue.
- ❖ **Restrooms:** Quarles Building restrooms will be available and Porta Johns.
- ❖ **Information:** If you should have any questions, please call the Terry McLaughlin at the Rappahannock Area YMCA, 540/371-9622, Ext. 1022, between the hours of 9:00 am and 5:00 pm, Monday-Friday, or go to www.ymcaracing.com.
- ❖ **Volunteers:** Over 30 race day volunteers are needed (no experience needed), includes a free event T-shirt and refreshments. To volunteer, call Terry McLaughlin at 540/371-9622, Ext. 1022.

Course Records:

Men – Jason VanHorn 25:33

Women – Anna Pichrtova 28:14



For more info, go to www.ymcaracing.com

- Hercules (200+) Men
- Athena (150+) Women

THURSTON COMPANIES - YMCA John Robbins 8k Run – 03.07.2010
\$20.00 before 2/21, and \$22 thereafter, Race Day \$25.00

DOB (mm/dd/yy) _____ **Age** _____ **Sex** _____ **T-Shirt Size: Adult S M L XL XXL**

NAME: _____ **E-mail:** _____

ADDRESS: _____
Street City State Zip

Home Phone #: _____ **Cell Phone #:** _____ **Work Phone #:** _____

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 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 use my likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature, below.

_____ **Date:**

(Parent's Signature if under 18 years old)

Official Use Only
Race #



The Rappahannock Area YMCA, Inc.

Proudly presents

2010 THURSTON COMPANIES

John Robbins Organ Donor

8k Run

March 7, 2010

The THURSTON COMPANIES – John Robbins 8k Run is the second in a series of races throughout the year in the Fredericksburg Area which earns points for the Fredericksburg Area Running Club championships. For more information on the Coldwell Banker Grand Prix, please go to www.runfarc.com

- **Where:** Quarles Building, 1701 Fall Hill Avenue, Fredericksburg, Virginia
- **When:** Sunday, March 07, 2010; 8:00 am (SHARP)
- **Cost:** \$20 **Late Registration (after 2/21):** \$22 **Race Day:** \$25
- **Registration Information.** Send registration form and check made payable to "YMCA" to: Rappahannock Area YMCA, Inc., 212 Butler Road, Fredericksburg, Virginia 22405
- **Or go ONLINE to www.racetimingunlimited.org** for instant registration
- **T-Shirts:** All registered entrants are guaranteed a short sleeve T-shirt. T-shirts to late entrants will be on a first come, first serve basis.
- **Packet Pick-Up:** Race Packets may be picked up on Saturday, March 6, from 10:00 am to 5:00 pm at the VA Runner Store (368-1100).
- **Race Day Registration:** 6:30-7:45 am at Quarles Building (Cost: \$25)
- **Refreshments:** Post-race refreshments, which includes bagels, donuts, cookies, and more (available at the finish)
- **Awards:** The Awards Ceremony will begin approximately 9:30 am. The TOP three men and women will receive prizes. Awards will be given to the top three finishers in each of the following age groups: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over, and the Clydesdale Divisions.

Special Thanks to Our Sponsors

