

5K Run for Mental Wellness Registration
Sunday, July 19, 2009

Name _____

Date of Birth _____ Sex: F M

Street _____

City _____

State _____ Zip _____

Phone _____

Email _____

Please circle shirt size: S M L XL XXL no shirt

I know that participation in this event as a runner or volunteer is potentially hazardous and I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running in this event including, but not limited to fall, contact with other participants, the effects of weather, heat & humidity, traffic, road conditions.

Having read this waiver, and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release MHAF, their sponsors, representatives and successors from all claims arising out of my participation in this event though the liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature (Parent or guardian if under 18)

Date _____

Registration

All registered finishers will be eligible for special random prize drawings on race day: Winners must be present to win!

- \$15 for entries postmarked thru July 9
- \$18 for entries postmarked July 10-13
- \$20 for entries after July 13

Want a short sleeve race T-shirt, add \$6.
For XXL T-shirt, add \$9

Do not mail entry form after July 13

Register online at www.runfarc.com which links to www.racetimingunlimited.org

Or

Use This Form To Register. Cut and neatly tear off entry form at left. Complete form, sign and date. Make check payable to MHAF. Mail form and check to:

MHAF
2217 Princess Anne St. 219-1
Fredericksburg, VA 22401

Late Registration & Packet Pick-up:
Saturday July 18, 10AM–3PM

VA Runner Store (1993 Carl Silver Pkwy in Central Park 540-548-1566

Race Day Registration & Packet Pick-up:
James Monroe High School 6:30–7:15am

Race day registration ends at 7:15 AM to allow for computer input!

Other important information:

To insure runner safety, unregistered runners, unauthorized vehicles, bicycles, skateboards, rollerblades, baby joggers, and running with dogs are strictly prohibited. Non-compliance will result in removal from the race course and immediate disqualification.

Runners shall return the Winning Time Chip to Race Timing Unlimited at the completion of the race. Runners not returned their chip will be billed \$10 and will not be allowed to compete in any other Grand Prix races until the chip is returned or the bill is paid.

- Results posted at www.runfarc.com and emailed to finishers
- Certified course has a two block long hill at Mile 1 and is otherwise mostly flat.
- Shirts guaranteed to runners registered by noon on July 13; and on race day as supplies last.

Race Course

5K course starts in front of James Monroe High School and finishes on Bunker Hill Road beside the JMHS parking lot.

Course map available online at www.Racetimingunlimited.org under "Moss Clinic 5 km (VA05000RT)."



Awards:

- Overall awards to top three Female and Male
- Overall award to top Female Master and top Male Master
- Awards to top four finishers, male and female, in following age categories:

19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+

Coldwell Banker Elite Grand Prix

The 5K Run for Mental Wellness is part of the 2009 Coldwell Banker Elite Grand Prix Championship series. For more information on the Coldwell Banker Elite Grand Prix, visit the FARC home page at www.runfarc.com.



Directions from I-95

From I-95, take exit 130A to Fredericksburg / Route 3 East. Continue on Route 3. Take exit ramp to Route 1 North. Turn right on Fall Hill Avenue, then turn right at the next stop light onto Washington Avenue. James Monroe High School and parking lot is on the right side of the street.

FOR MORE INFORMATION?

Call MHAF at 540-371-2704
mhafred@mhafred.org
www.mhafred.org

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**Rappahannock Area Gentlemen's
(and Fair Ladies) Riding Club**

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**5K RUN FOR
MENTAL
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**SUNDAY,
JULY 19, 2009
7:30 AM**

