

Grizzly Mile Fun Run & Bear Cub Run

Third Annual

When: Saturday March 6, 2010, first heat 9am

Where: Riverbend High School, Fredericksburg VA

Grizzly Bear Fun Run: A timed mile race for children 6 to 14 years old. Multiple heats will split kids by gender and age, based on the number of registered runners. USATF certified course is entirely on paved or flat surfaces on Riverbend High School grounds.



Bear Cub Run: A 300 meter fun run for children under 6 years old. Course is entirely within the stadium. No places or times are recorded.



Awards

The top three runners in each age group by gender will receive an award. Age groups are based on age as of March 6, 2010 and will be determined by the number of registered participants.

All Grizzly runners receive a race number, a finisher's ribbon and his/her finish time. All Bear cub runners receive a race number and finisher's ribbon. Runners registering on or before February 16, 2010 will receive a race T-shirt.

How Do You Register?

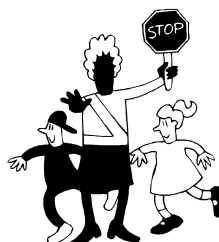
Entry Fee: \$15

Register on-line using major credit cards at www.racetimingunlimited.org

Or

Write your check or money order to Riverbend High school XC. Fill out the entry form (one per runner) and mail to Riverbend High School, c/o Jeff Arnold, 12301 Spotswood Furnace Dr, Fredericksburg, VA 22407.

Registration Deadline: March 5, 2010 (deadline to guarantee a race T-shirt is February 16, 2010).



Runner's Safety Program: After finishing, children will not be allowed to leave the finish corral until picked up by a parent or guardian.

Race will be run rain or shine. There are no refunds of entry fees

