

Race Information and Course Maps are posted and will be continuously updated at www.racetimingunlimited.org and www.southannapta.org.

Registration: On or before March 6, 2010 cost is \$10/\$15. After March 6, 2010 cost is \$15/\$20. (Kids' 1 Miler/5K Fun Run)

T-shirts: Fee includes a T-shirt. T-shirts may not be available for race day registrants.

Overall Awards: Kids' Run: All participants will receive a finisher's medal. 5K: Top 3 places overall will receive gift certificates.

Age Group Awards: Age group prizes for 5K run only: top three places in each age group.

Age Groups: 8&under, 9-11, 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60&over

Packet Pick-up and Late Registration: Race numbers and T-shirts may be picked up at South Anna Elementary School on Friday March 19, from 6pm to 8pm. Race day pickup is from 6:30-7:30am.

5K Course: Start/finish on SAES track, with main portion on Walton's Tavern Road. Walkers are encouraged. No dogs, bicycles, or strollers please.

One Miler Course: The one mile course will be entirely on school grounds.

Individual Spirit Competition: Cash prize will be given to the runner whose costume displays the most school spirit.

Group Spirit Competition: Cash prize will be given to the group of runners whose costume displays the most school spirit.

Fitness Stations: Fitness Stations will be available on the infield of the SAES track.

Raffle: All participants will be entered in a raffle for prizes donated by local businesses.

Chip Timing will be provided by Race Timing Unlimited, using the Winning Time Chips. Chips will be distributed at South Anna ES starting at 6:30am on race day. Chips will be collected as you exit the race. Chips are to be worn on the right ankle. **NO CHIP, NO TIME.** There will be a \$10 charge for unreturned chips.

Important Information: To ensure runner safety, unregistered runners, bicycles, skateboards, roller skates and roller blades, strollers, and pets are prohibited on the course. Headphones are discouraged.

Directions to Packet Pick-up and Start/Finish: South Anna Elementary School: From Richmond, take US33W 9 miles past I-295. Turn left on SR611/St. Peter's Church Rd. After 2.8 miles, turn right on VA-673/Walton's Tavern Rd. SAES is immediately on the right.

Race Benefits: SOUTH ANNA ELEMENTARY SCHOOL PTA