18th Annual Mary Washington Healthcare

YMCA Thanksgiving Day Turkey Trot 5K Run / Walk

Thursday, November 25, 2010 @ 9:05 AM

Location:
2300 Washington Ave., Fredericksburg, VA 22401– at James Monroe High School (JMHS)

11th Race in the Coldwell Banker Elite Grand Prix Event

Packet Pick-up: November 24th from 11-5:00 pm at JMHS and on race day from 7-8:45 am at JMHS

Events: 5K Run/Walk New course: begins at JMHS , Fredericksburg

Awards: Cash prizes for top FIVE Overall male and female ($250, 200, 150, 100, 50) and top 3 Masters female/male (gift certificates awarded). Awards for top three males and females in the following age groups: 13 & up, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54. 55-59, 60-64, 65-69, 70 & Over. (more details on awards see www.ymcaracing.com).

Amenities: Long sleeve T shirts and race refreshments.

Rules: This is a RRCA Sanctioned Event, all rules are in effect (www.rrca.org). Chip timing provided by **Race Timing Unlimited.** Only gun time is being recorded. *Awards based on **Gun Time.***

Fees: **Postmarked by November 12, 2010: 5 K :** $20 each **Families of 3 or more**: $18 each
Postmarked after November 13, 2010: 5 K : $25 each **Families of 3 or more:** $22 each
Race Day Registration: $30 (7-8:30 AM)
Entry Fees are non-refundable

Payment Method(s): Send check or money order (made out to the Rappahannock Area YMCA) along with this registration form to: **YMCA Turkey Trot 212 Butler Rd., Falmouth, VA 22405.** **You can also register online: www.racetimingunlimited.org**

Thank you to our sponsors: Mary Washington Healthcare, Rappahannock Foot & Ankle Specialists, Coker Orthodontics, VA Runner, NSWC Federal Credit Union, NextCare, 95.9 WGRQ, Thunder 104.5, Virginia Cardiovascular Associates, Chick-Fil-A

Last Name: First Name:

Address:

City: State: Zip Code:

Date of Birth (mm-dd-yy) Age: Sex M/F

T-Shirt Size (circle one): S M L XL

☐ Clydes Div 200+

☐ Athena Div 150+

E-Mail:

Phone:

Mary Washington Healthcare

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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, Inc. , RTU, FARC, 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 sue my 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) _____

YPOHANKA RACE SERIES

Massad Family YMCA
212 Butler Rd.
Falmouth, VA 22405

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