



Massad Family YMCA
212 Butler Rd.
Falmouth, VA 22405

Phone: 540-371-9622
Fax: 540-899-3694
tmclaughlin@family-ymca.org

March 10, 2019 9:00 AM

Community Bank of the Chesapeake Organ Donor 4 Miler Run

NEW Location:

YMCA Massad Branch – 212 Butler Road., Falmouth, VA. 22405

Directions from I-95, Exit 133—take Route 17 South, after about 2 miles, road changes to Butler Road at the Falmouth light. YMCA is about 1 mile on the Right.

Course: This course is a scenic, mostly level certified USATF 4 mile course that runs through Pratt Park and Brooks Park. 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.

Restrooms: YMCA Massad Branch.

Information: Questions? Please call Terry McLaughlin at the Rappahannock Area YMCA, Inc. 540-371-9622 ext. 1022 / tmclaughlin@family-ymca.org

Registration: Cost: \$23 / After 2/25/19: \$26 / Race Day: \$30 Send registration (below) and make check payable to the YMCA 212 Butler Rd. Falmouth, VA 22405 or register online: www.racetimingunlimited.org All registered entrants are guaranteed a Souvenir. Souvenir to late registrants are first come first serve.

Packet Pick-Up: Race packets may be picked up on Saturday, March 9, 2019 from 10am to 1PM at the Lucky Road Store: 540-479-8356. Race day registration is at YMCA Massad Branch GYM 7:45am-8:55AM

Refreshments: Post race refreshments include bagels, cookies, Bottled water and more will be available at the GYM.

Awards: The awards ceremony will begin approximately 10:15 AM The Top Overall Male and Female will receive prizes. Awards will be given to the top three finishers in each of the following age groups: 19 & under, 20-29, 30-39, 40-49, 50-54, 55-59 60-69, 70 and over. Race Director reserves the right to split the largest registered age Groups into 5 years age group.

Chip Timing will be provided by Race Timing Unlimited. Using Chronotrack Bib tags. Bibs are to be worn on the front. No Bib, No Time. Awards are based on Gun Time

Organ Donation – Currently, over 92,000 people are waiting for an Organ transplant in the USA; more than 2,500 of them are in VA. There were over 28,000 transplants in the US last year; over 600 in VA. Three Virginians die each week waiting for a lifesaving Organ transplant 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: 866-728-3738. All participants are urged to sign an Organ Donor Card.

YMCA John Robbins Organ Donor 4 mile Run 3/10/2019
Fee: \$23 After 2/25: \$26 Race Day: \$30

FIRST NAME _____	LAST NAME _____
ADDRESS _____	CELL# _____
_____	HOME# _____
CITY _____	EMAIL _____
STATE _____	D.O.B./AGE _____
ZIP _____	SEX MALE _____ FEMALE _____

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. 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.

Signature _____

Date: _____

Parent's Signature if under 18 years old

Official Use Only
Race #



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA John Robbins Organ Donor 4 mile Run is the first in a series of races throughout the year in the Fredericksburg Area which earns points for the Fredericksburg Area Running Club championships.

Special Thanks to our Sponsors

Community BANK of the CHESAPEAKE

95.9

Thunder 104.5

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