



July 3, 2010
Fredericksburg, VA
7:45 AM

Run Course:

Run is a scenic 5 mile
 USTF Certified Course
 which runs along the
 Rappahannock River and
 other shaded areas of the
 City of Fredericksburg

Race Starts near
 Fredericksburg Train
 Station on Caroline Street.

Send Check or Money Order to:

Heritage Festival Run
 4008 Duke of Gloucester St.
 Fredericksburg, VA 22407
 Check made out to:

Fredericksburg Host Lions

Awards: Awards to the top three overall finishers (Cash prize of \$100, 50, 25), and the top 3 male/female finishers in each age division. Age divisions are: 14 & U, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64; 65-69; 70+

Support: Course Marshals along run course to protect the runners, and fluid stations at Mile 2 and 4 of the run course.

6th Race in the Coldwell Banker Elite Grand Prix race series – no headphones, dogs, baby strollers, or wheeled devices allowed on course. Disqualification will occur if these rules are broken.

Packet Pick-up/Registration on July 1 and July 2: Packet pickup at VA Runner during regular store hours. (www.varunner.com for directions) – (540) 548-1566

Packet Pick-up/Registration Race Day, July 3: 6:30 AM until 7:30 AM at the Fredericksburg Visitors Center on Caroline Street. Please allow yourself enough time to complete the registration process. Come Early!

Entry Fees:

Postmarked no later than 6/26, or up to July 2 - \$20.00

Race Day Registration - \$25.00

RACE TIMING



UNLIMITED

More Info:

Call 540-373-7014

For online registration:

www.racetimingunlimited.org

Directions:

From I-95 South or North, take exit 130 to Fredericksburg/William Street/Route 3 East. Stay on this road until you see the signs pointing you to Old Town Fredericksburg/William Street. Turn left onto William Street. Follow William Street until Princess Anne Street. Park anywhere between Caroline Street and Princess Anne Street. Packet pickup is at the Fredericksburg Visitors Center, and race start is approximately 2.5 blocks from there.

Fredericksburg Host Lions – Heritage Festival 3rd July - 5 Mile Race - 2010

Date of Birth (mm-dd-yy)

Age

M/F

E-Mail Address

Last Name (ie. Smith)

Phone

How should name appear in results (ie John Smith)

Address

City

State

Zip

FEES

On or before 7/2: \$20.00

Race Day: \$25.00

mail before 6/26/09

Shirt Size: S, M, L, XL

Incomplete or unsigned entry forms will not be accepted! In consideration of the foregoing, I for myself, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Fredericksburg Area Running Club (FARC)/Fredericksburg Host Lions Club, and any and all sponsors or supporters, 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.

Signature (parent if under 18) _____

Date _____