## 2018 Caledon State Park

# Howlin' Coyote 10K Trail Race

&

# Wily Pup KidsTrail Dash

**Sponsored by the Friends of Caledon**

**Saturday**
**Oct. 6**
**10K 9:30 a.m.**
**Wily Pup**
**9:00 a.m.**

**Start / Finish at Caledon State Park 11617 Caledon Rd King George, VA 22485**

Proceeds from the race go to the Friends of Caledon

**Race Details:** Both the 10K Trail Run and the Wily Pup will begin and end at the Caledon picnic shelter. The courses will be on a combination of the park's interior fire roads and forest trails. Much of the course is relatively flat but there are some hilly portions both in the beginning and end of the race. Race timing for the 10K is being provided by Race Timing Unlimited.

**Registration:** **10K** $20 ($25 if received after Sept. 14), **Wily Pup** $5. Pre-registration by mail or on -line (*racetimingunlimited.org*).

**Awards:** **10K:** Will be given to male and female top 3 overall finishers and top male & female in each age division (14-19, 20-29, 30-39, 40-49, 50-59, 60+); All finishers will receive a finisher's coin. **Wily Pup:** Male & Female top 3, Age groups 5-6, 7-8, 9-10 and 11-13. All Wily Pup finishers will receive a finisher's ribbon.

**T-shirts (optional):** Short-sleeved technical shirts for entrants ($15). Some shirts may be available on the day of the race.

**Packet Pick-up & Late Registration :** Caledon State Park Picnic Shelter from 5-7 p.m. on Friday, October 5th, 2018 and at the Caledon State Park Picnic Shelter on Saturday October 6th from 8:00-9:15a.m.

**Directions to Race start:** From Fredericksburg, take Rt. 3 east to Rt. 206 (light with Valero Gas Station on corner). Turn left onto Rt. 206 and follow for 6 miles. Turn left onto Rt. 218 and go 1 mile. The park entrance is on the right.

**More Info:** Email race director at howlincoyote10k@hotmail.com or call 540-295-5300

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**Last Name** **First Name**

**Address** **Date of Birth mm/dd/yr** **M/F**

**City** **State** **Zip code**

$ 10K Trail Run ($20 or $25 if late)

$ Wily Pup Trail Dash $5

$ T-shirt $15

$ Amount enclosed

Please make checks or money orders payable to The Friends of Caledon.

**Email**

**Phone**

**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 Caledon State Park and any and all sponsors or 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.

Please return the completed entry form and payment to: Race Director, Caledon State Park, 11617 Caledon Rd, King George, VA 22485 or register online at racetimingunlimited.org (payment online by credit card with a small surcharge).