



Keller Williams Civitan 5K RUN/WALK

Sunday, May 26, 2019
5k at 7:00am



New Location:

YMCA Massad Branch- 212 Butler Rd, Falmouth, VA 22405

Packet Pick-up: Saturday, May 25th from 2 PM to 5:00 PM at the Lucky Road 540-479-8356

COURSE: This Course is a scenic, mostly level certified USATF 5k 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 pets, and all types of skates

Contact: Terry McLaughlin at (540-371-9622, ext.1022 or e-mail to: tmclaughlin@family-ymca.org.

Awards: 5k awards will begin at approximately 8am. Awards will be given to top male and female overall winners as well as to the top 3 finishers in each of the following age groups:13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 & over.

Registration: Race day:. Registration can be done in advance online at: www.racetimingunlimited.org or mail registration form and check/money order to: YMCA 212 Butler Rd. Falmouth, VA 22405. Race Day Registration is at the YMCA Massad Branch Gym from 5:45am-6:55am.

Fees: Postmarked by May 13, 2019: 5 K : \$20 each

Postmarked after May 13, 2019: 5 K : \$22 each

Race Day Registration: \$25 5:45 – 6:45 AM at YMCA Massad Branch GYM

Entry Fees are non-refundable

Refreshments: Post-race refreshments include bagels, Bars and cookies will be available immediately after the finish

Directions from I95, Exit 133—take RT. 17 South, after about 2 miles, road changes to Butler Road at the Falmouth Traffic Light. Go about 1 mile on the right

Thank you to our sponsors: Keller Williams, Lucky Road, 95.9 WGRQ, Thunder 104.5, Pohanka Honda of Fredericksburg race series. Quarles Petroleum and Civitan

Last Name: [grid] First Name: [grid]

Address: [grid]

City: [grid] State: [grid] Zip Code: [grid]

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

\*\*\*Socks will be given to the first 300 runners to register for the Civitan 5K Race

Table with 4 columns: Sock Size (circle one), Small (W5-8), Medium (W8.5-10.5, M7-9.5), Large (W11-13, M10-12), Extra Large (W12.5+)

Postmarked by May 13, 2019 [checkbox] 5K : \$20 each

Postmarked after May13 2019 [checkbox] 5K : \$22 each

E-Mail: [grid] Phone: [grid]

Entry Fees are non-refundable

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) \_\_\_\_\_



Massad Family YMCA Phone: 540-371-9622
212 Butler Rd. Fax: 540-899-3694
Falmouth, VA 22405 tmclaughlin@family-ymca.org

