



THE DOWNTOWN MILE for CASA

Going the Distance for Kids

SATURDAY, JULY 20th, 2019 - FIRST HEAT – 6:00 PM

The Downtown Mile – Ages 6 and up!

There will be 6 Heats of the One Mile Race and will start and finish on the 900 block of Charles Street, downtown Fredericksburg – next to Castiglia’s Italian Restaurant. The course is a USATF certified one-mile course. ALL proceeds will benefit the Rappahannock Area CASA – Court Appointed Special Advocates for Children. Visit rappahannockcasa.com for more information.

Coldwell Banker Elite Grand Prix Series: The Downtown Mile is the 7th race in the Coldwell Banker Elite Grand Prix Series. All finishers will receive points towards the 12-race series.

Timing: Chip Timing provided by Race Timing Unlimited

Packet Pick-Up: Friday, July 19th 4-7pm at Lucky Road, 1277 Jefferson Davis Hwy, Fredericksburg. Race Day packet pickup will begin at 4:30 p.m. outside Castiglia’s Restaurant.

Race Restrictions: No headphones, dogs, baby strollers, or wheeled devices allowed on course.

Registration: Register online at www.racetimingunlimited.org. Mail entries: “The Downtown Mile” Fredericksburg Area Running Club, PO Box 3653, Fredericksburg, VA 22402. Make checks out to Fredericksburg Area Running Club. Online registration closes July 19th, 8am. Race Day registration begins at 4pm. Entry fees are non-refundable.

Fees:

Downtown Mile for CASA - \$20 (includes shirt), FARC member discount - \$17 (includes shirt)
 After July 5th - \$20 (no shirt)
 Second wave - \$10

Name: (Last) _____ **(First):** _____

Male _____ Female _____

Date of Birth: (mm/dd/yyyy) _____ **Email:** _____

Shirt Size: YM _____ YL _____ AS _____ AM _____ AL _____ AXL _____

WAIVER: I understand that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including heat and/or humidity, the conditions of the road and traffic on the course, all such risk being known and appreciated by me. All fees are nonrefundable and non-transferable. Race will take place rain or shine, with the exception of extreme weather conditions or other unforeseen conditions that deem the race unsafe for participants and staff. All fees are nonrefundable. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ **Date** _____

Total Enclosed _____

Heats/Awards: Top 3 male and female overall (Heat 6) and top 3 male and female 40 and over (Heat 1 and 2) Awards will be given to the top (3) finishers in each of the following age groups: 8 and under, 9-13, 14-18, -19-29, 30-39, 40-49, 50-59, 60 and over. All mile finishers 18 years and younger will be awarded a commemorative medal upon finishing their event! Only performances in the appropriate age and gender heat are eligible for age group awards.

Heat	Time	Age	Gender
1	6:00	40 and over	Male
2	6:15	40 and over	Female
3	6:30	14-18	Male/Female
4	6:45	9-13	Male/Female
5	7:00	8 and under	Male/Female
6	7:15	Open	Male/Female

Post-Race Event: Plan to stay after the race for awards ceremony, food, beverages, music and fun!!

