

Race Timing Unlimited
Presents

THE 18TH ANNUAL FREDERICKSBURG BLUE & GRAY HALF MARATHON AND 5 KM RUN



Dec 2, 2018 7:30am

**Start/Finish @ Old Mill Park
Fredericksburg Virginia**

5km 7:38am Start

**The Original Half Marathon of Fredericksburg
with Better Food, Cooler Weather, Lower Entry Fee,
No on-line Registration Transaction Fee,
Prize Money & Course Record Bonuses**

Half-Marathon is the Last Race in the 2018 Coldwell Banker Elite Grand
Prix

Run Rain, Snow or Shine

Training Groups: Need help training for a Half-Marathon? See a list of organizations that have training programs for this race at www.racetimingunlimited.org/R/BG/Info.aspx. **Race Information and Course Maps** are posted there, too.

½ Marathon Registration: Cost until Oct 31, 2018, \$50, until Nov 29, 2018, \$60 and \$70 thereafter.

5 km Registration: Cost until Oct 31, 2018, \$25, until Nov 29, 2018, \$30 and \$35 thereafter.

Premium: Fee includes a performance shirt. Don't want a shirt? Subtract \$5 from your entry fee. Shirts may not be available nor sizes guaranteed for runners registering after Nov 17, 2018. Runners not receiving a shirt will be discounted.

Personalized Finisher Medal: Each finisher will receive a medal. For an additional \$10, we will mail you a plate with your name and finish time, that you can attach to your medal.

Cash Awards: Top three male and female finishers in the ½ marathon will receive cash awards of \$150, \$75 and \$50. First male and female master runners in half marathon will receive \$50.

Course Record Bonuses: First runner setting a new course record in the ½ marathon will receive a \$100 cash bonus. Current course records: Brian Flynn 1:12:32 (2017) and Erica Brecher 1:29:45 (2017).

All awards and places are determined by Gun Time.

Age Groups: Five year age groups will be used for both races, 19 and under to 70 and over. 5km will have an additional 14 and under age group.

Half Marathon Awards: Top 3 males and females in each age group will receive Sammy T's gift certificates.

5 km Awards: Top 3 males and females overall and top male and female in each age group will receive Sammy T's gift certificates.

Register Online at:
www.racetimingunlimited.org

Courses: USATF certified courses. Aid at 5 locations on the Half-Marathon Course. ½ Marathon runners must maintain a 16 min/mile pace.

Packet Pick Up & Late Registration: Race numbers and shirts may be picked up at BIO Crossfit (1623B Princes Anne Street) on Saturday Dec 1 (10am to 5pm) and at Old Mill Park on Dec 2 (starting at 6:30am). Packets not picked up will not be mailed.

Race day registration will be held from 6:30 to 7:30am. Please arrive early to allow yourself enough time to complete the registration process.

Chip Timing will be provided by Race Timing Unlimited, using disposable Chronotrack bib tags. Bibs are to be worn on your front. No Bib, No Time.

Important Information: To ensure runner safety, unregistered runners, bicycles, skateboards, roller skates and roller blades and running with dogs are prohibited on the course. No strollers pushing allowed in half marathon. Strollers in 5km may not be pushed faster than 15 minutes per mile. Course is not closed to traffic, headphones are discouraged.

Time Limit: All competitors must be finished by 11am. That's 3 ½ hours in the half marathon.

Elite Runners: All past overall male and female winners of the Blue & Gray Half Marathon will receive comp entries. If you have run a ½ marathon in less than 1:08:00 or marathon in less than 2:26:00 in the past 5 years, (females 1:16:00 and 2:40:00), you may receive a comp entry. You must request a comp entry prior to Nov 15, 2018 by email to vic@farc.org.

Race Benefits: Part of race proceeds are donated to area high school and college cross country and track teams

Field is limited to 1200 participants.

In case of a declared snow emergency, race start may be delayed or race postponed until Dec 9, 2018.

2018 Fredericksburg Blue & Gray ½ Marathon and 5 km

Date of Birth (mm-dd-yy)				Age	M/F	Half Marathon	Select Race	5K
Last Name								
First Name								
Address							State	Zip
City								
Email Address								

Fees

	Half Marathon	5 km
Until October 31, 2018	\$50	\$25
November 1 to 29, 2018	\$60	\$30
After November 29, 2018	\$70	\$35
No Shirt – Less \$5		
Personalized Finisher Medal – Add \$10		

Performance shirt (In men's size) – Circle One S M L XL

Performance shirt (In women's size) – Circle One S M L XL

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 Race Timing Unlimited, VA Runner and the City of Fredericksburg, and any and all sponsors or supporters, actions whatsoever in any manner as a result of my or my child's participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use my or my child's likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Signature _____

Date _____

Make checks payable to: Race Timing Unlimited

Mail to: Race Timing Unlimited
PO Box 8241
Fredericksburg, VA 22404

For more information
www.racetimingunlimited.org 540-310-4803

Email: vic@farc.org