

Over the last ten years, Fredericksburg Host Lions Club provided over **2,000** eye exams and pairs of glasses at a cost approaching **\$200,000**. Because of **participants** in our annual fundraisers like the **Heritage 5 Miler** we were able to provide our **citizens** in need these **benefits free of charge.**



*Fredericksburg Host Lions Club
proud to serve our community for over
80 years!*



**Race to benefit Fredericksburg Host Lions Club
Sight and Hearing Programs**



**July 4, 2019
7:45 AM Start
Fredericksburg, Virginia**

Start near Fredericksburg Train Station on Caroline St.
Finish @ Fredericksburg Visitors Center

Course

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



**Fredericksburg Host Lions
Heritage Festival 5 Mile
Race Information**

Course Maps: are posted and will be periodically updated at www.racetimingunlimited.org.

Entry Fees: postmarked no later than
 June 20th: \$22
 June 21st to July 3rd: \$25
 Race Day Registration: \$30

Premium: entry fee includes a T-shirt. Shirts may not be available nor sizes guaranteed for runners registering after June 21, 2019.

Awards: Top three patriotic Independence day costumes earn cash prizes of \$100, \$50, \$25 and awards to top three male and female finishers overall and top three male and female finishers in each age division:

Age Divisions: 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+
Runners must finish by 8:45 AM to win an award.

Packet Pick-up Prior to Race Day: Wednesday, July 3rd, 10 am to 4pm at Lucky Road Run Shop, 1277 Jefferson Davis Hwy, Fred, VA 22401 (540) 479 8356

Race Day Registration: July 4: 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!

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.

Course: USATF certified courses.

Important Information: no headphones, dogs, baby strollers, or wheeled devices allowed on course. Disqualification will occur if these rules are broken.

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

Time Limit: all competitors must be finished by 9:30 am. The Finish line will be taken down at this time.

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. Please 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.

Race Benefits: Fredericksburg Host Lions Club to provide Sight and Hearing services such as free sight appointments, free eye glasses and hearing aids to our local community.

Register Online at:
www.racetimingunlimited.org

More Info:
 Call: 804-225-1469/540-847-5286
 Email: bob.lang@rbc.com

Make checks payable to:
 Fredericksburg Lions Charities

Mail to:
 Heritage Festival Run
 32 Aspen Hill Drive
 Fredericksburg, VA 22406

**Fredericksburg Host Lions
Heritage Festival 5 Mile Race-July 4, 2019
Registration**

Date of Birth (mm-dd-yy)	Age	M/F	Shirt Size: S, M, L, XL
Last Name			
First Name			
Address			
City	State	Zip	
Email Address			

Entry Fees

5 Miler

Postmarked no later than June 20th:	[]	\$22
From June 21st to July 3rd:	[]	\$25
Race Day Registration:	[]	\$30 (cash, check or credit)

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. 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 _____
 Parent Signature (if you are younger than 18) _____