# 4th Annual Fredericksburg Fallen Heroes 5K Run/Walk

Sunday, September 8, 2019 @ 8:00 AM

**Location: Massad Family YMCA, 212 Butler Road, Falmouth, VA 22405**

Packet Pick-up: September 7th from 1200 pm - 4:00 pm at Massad Family YMCA and on race day from 7:00-7:45AM at the YMCA.
Events: 5K Run/Walk course: Begins at the Massad Family YMCA, 212 Butler Road, Falmouth, VA 22405.
Awards: Awards will begin at approximately 9:15 am. Awards will be given to top male and female overall winners and medals will be given to the top 3 male and female 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.
Amenities: short sleeve T shirts (if registered by August 24) and race refreshments.
Rules: Manual timing provided by Race Timing Unlimited. No dogs allowed on race course.
Fees: Registered or Postmarked by August 10, 2019: 5 K: $25 each or Families of 3 or more: $23 each.
Registered or Postmarked after 10 August to September 7, 2019: 5 K: $30 each or Families of 3 or more: $25 each
Race Day Registration: $35 (7:00-7:45AM) Entry Fees are non-refundable.
Payment Method(s): Send check or money order (made out to the Rappahannock Area YMCA) along with this registration form to: Fallen Heroes 5K, 212 Butler Rd., Falmouth, VA 22405. Please do not mail forms after 8/30. Register at your Y branch until 9/4.
You can also register online: http://www.racetimingunlimited.org/ until September 5, 2019. Last day to guarantee shirt: 8/24.
Organizations that sponsored us in the past: Massad Family YMCA, Northern Neck Chevrolet, American Legion Colonial Beach Post 148 and Stafford Orange Sports Group (SOSG) proceeds benefit Fredericksburg Fallen Heroes nonprofit organization.

Last Name: First Name:

Address:

City: State: Zip Code:

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

T-Shirt Size (Circle one no shirt after Aug 24):

| | | |
|---|---|---|
| YS | YM | YL |
| AS | AM | AL |
| AXL | AXXL | AXXXL |

Please check one:

☐ Runner

☐ Walker

Registered or Postmarked by 10 August 2019:

5K: $25.00 each Families of 3 or more: $23.00

Registered or Postmarked by 7 September 2019:

5K: $30.00 each Families of 3 or more: $25.00

Race Day Registration: $35.00

Please check one estimated finish time: (No check assumes runner)

☐ Under 22:00 ☐ 28:01-31:00 ☐ 41:01-47:00

☐ 22:01-25:00 ☐ 31:01-35:00 ☐ 47:01-53:00

☐ 25:01-28:00 ☐ 35:01-41:00 ☐ Over 53:00

E-Mail:

Phone:

**(Any form received without an estimated time will be placed in the last wave)**

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 Fredericksburg Fallen Heroes, Rappahannock Area YMCA, Inc. , RTU, Stafford County 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.

Your Signature: _____

Parent Signature if under 18: _____