

**5K Run for Mental Wellness Registration  
Sunday, July 25, 2010**

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex: F M

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please circle shirt size: S M L XL XXL no shirt

I know that participation in this event as a runner or volunteer is potentially hazardous and I should not participate 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 this event. I assume all risks associated with running in this event including, but not limited to fall, contact with other participants, the effects of weather, heat & humidity, traffic, road conditions.

Having read this waiver, and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release MHAF, their sponsors, representatives and successors from all claims arising out of my participation in this event though the liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature (Parent or guardian if under 18) \_\_\_\_\_

Date \_\_\_\_\_

**Registration**

All registered finishers will be eligible for special random prize drawings on race day. Winners must be present to win!

- \$20 for entries postmarked thru July 10
- \$25 for entries postmarked after July 10, at packet pick-up and on race day.

Want a short sleeve race T-shirt, add \$7.  
For XXL T-shirt, add \$10.

Do not mail entry form after July 19

**Register online** at [www.runfarc.com](http://www.runfarc.com) which links to [www.racetimingunlimited.org](http://www.racetimingunlimited.org)

**Or**

**Use This Form To Register.** Cut and neatly tear off entry form at left. Complete form, sign and date. Make check payable to MHAF. Mail form and check to:

**MHAF  
2217 Princess Anne St. Ste 219-1  
Fredericksburg, VA 22401**

**Late Registration & Packet Pick-up:**

**Saturday July 24, 10AM-3PM**

VA Runner Store

1993 Carl Silver Pkwy in Central Park  
540-548-1566

**Race Day Registration & Packet Pick-up:**

James Monroe High School 6:30 - 7:15am

**Race day registration ends at 7:15 AM to allow for computer input!**

**Other important information:**

To insure runner safety, unregistered runners, unauthorized vehicles, bicycles, skateboards, rollerblades, baby joggers, and running with dogs are strictly prohibited. Non-compliance will result in removal from the race course and immediate disqualification. Course not closed to traffic; headphones are discouraged.

Runners shall return the Winning Time Chip to Race Timing Unlimited at the completion of the race. Runners not returning their chip will be billed \$10 and will not be allowed to compete in any other Grand Prix races until the chip is returned or the bill is paid.

- Results posted at [www.runfarc.com](http://www.runfarc.com) and emailed to finishers
- Certified course has a two block long hill at Mile 1 and is otherwise mostly flat.
- Shirts and sizes guaranteed to runners registered by noon on July 10; shirts available at packet pickup and on race day as supplies last.

**Race Course**

5K course starts in front of James Monroe High School and finishes on Bunker Hill Road beside the JMHS parking lot.

Course map available online at [www.Racetimingunlimited.org](http://www.Racetimingunlimited.org) under "Moss Clinic 5 km (VA05000RT)."



## Awards:

- Overall awards to top three Female and Male
- Overall award to top Female Master and top Male Master
- Awards to top three finishers, male and female, in following age categories: 14 & Under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-69; and 70+

### **Coldwell Banker Elite Grand Prix**

The 5K Run for Mental Wellness is part of the 2010 Coldwell Banker Elite Grand Prix Championship series. For more information on the Coldwell Banker Elite Grand Prix, visit the FARC home page at [www.runfarc.com](http://www.runfarc.com).



### **Directions from I-95**

From I-95, take exit 130A to Fredericksburg/Route 3 East. Continue on Route 3. Take exit ramp to Route 1 North. Turn right on Fall Hill Avenue, then turn right at the next stop light onto Washington Avenue. James Monroe High School and parking lot is on the right side of the street.

### **FOR MORE INFORMATION?**

Call MHAf at 540-371-2704  
[mhafred@mhafred.org](mailto:mhafred@mhafred.org)  
[www.mhafred.org](http://www.mhafred.org)

## 2010 Sponsors

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(and Fair Ladies) Riding Club**

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### Benefactors

**Brammer & Associates  
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## **5K RUN FOR MENTAL WELLNESS**



**SUNDAY,  
JULY 25, 2010  
7:30 AM**

