



2009 Rescue Run 5K
 WHEN: Sunday, June 7, 2009 – 7:00 AM SHARP
 WHERE: In front of Central Rappahannock Regional Library
 1202 Caroline Street, Fredericksburg, VA 22401

**COST: \$20 LATE REGISTRATION: \$25.00 (after May 19, 2009 and on Race Day)
 No T-shirt option \$15. MUST BE IN BY May 19th.**

REGISTRATION INFORMATION: Send registration form and check payable to “SPCA” to: SPCA, 1 Amanda Lane, Fredericksburg, VA 22408. Forms available at VA Runner Store, online at Runfar.com, Racetimingunlimited.org, and on the SPCA website fburgspca.org. or can be picked up at the SPCA Front Desk

T-SHIRTS: All pre-registered entrants shall receive a short sleeve T-shirt. T-shirts may not be available for runners registering after May 19, 2009. If you do not want a T-shirt take \$5 off price and return form no later than May 19th.

PACKET PICK UP: Race Packets may be picked up on Saturday, June 6 from 10:00 am to 5:00 pm at the VA Runner Store, 1993 Carl D Silver Parkway, Fredericksburg, VA (Central Park) (540) 548-1566, or morning of race at starting area.

RACE DAY REGISTRATION: 6:00-6:45 am at Central Rappahannock Regional Library
COST: \$25

REFRESHMENTS: Post-race refreshments will include water, bagels & fresh fruit and will be available in the library parking lot.

AWARDS: The awards ceremony will begin at approximately 8:15 AM. Awards will be given to the top three male and top three female finishers in each of the following age groups: age 11 & under, 12-19, 20-24, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69 and 70 & over. Top males and females will receive a VA Runner gift certificate, travel mug, pen & pad. Age group winners will receive a travel mug, pen & pad.

 Date of Birth _____ Age ___ Sex ___ T-Shirt Size: Adult S M L XL or No T-shirt (circle one)

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ OFFICIAL USE ONLY RACE # _____
 Work Phone _____

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 Regional SPCA 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 use my likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Signature (Parent’s signature if under 18 years) _____ Date _____ Questions: contact debraspc@verizon.net