

RIVER CLUB CHURCH AREA COURSE  
10835 TIDEWATER TRAIL • FREDERICKSBURG, VA • 22048  
CHIP TIMING BY RACE TIMING UNLIMITED

**November 3, 2018**



5K ONE-MILER COW CHASE

www.BattlefieldFCA.org  
540.899.3422  
REGISTER ONLINE AT:  
www.RaceTimingUnlimited.org



**HOOFIN' IT TO MAKE A DIFFERENCE:**

Proceeds will benefit Battlefield Area Fellowship of Christian Athletes (FCA) and their weekly influence in the lives of more than 4,000 area athletes and coaches. Your run will help send a kid to camp, train a coach in 3D coaching, provide a platform for local athletes to share their faith and impact their team, campus, and community.

**FAMILY FUN  
COW  
RUN**

**Chick-fil-z**  
Greater Fredericksburg Area

**PACKET PICKUP:**

**November 2, 2018, 10:00 am – 7:00 pm**  
Lucky Road Run Shop  
1277 Jefferson Davis Highway  
Fredericksburg, VA 22401  
In Eagle Village  
**November 3, 2018, 6:30 am – 7:45 am at race site**

**RACE DAY SCHEDULE:**

8:00 am Hoofin' It 5K Start (all ages)  
9:15 am 5K Awards  
9:45 am 1 Mile Fun Run Start (12 and under)  
10:15 am Cow Chase (5 and under)  
10:30 am Mile/Cow Chase Awards  
**Family Fun Zone, featuring crafts, face-painting, games, and more!**

**COST:**

Register by 10/22/18\*  
5K \$25 non-FARC members, \$22 FARC members  
(after 10/22/18 \$30 and \$35 on race day)  
1-Miler \$15 (after 10/22/18 \$20)  
Cow Chase \$8 (after 10/22/18 \$10)

\*No shirt guarantee if registering after 10/22/18



Hoofin' It 5K is proud to be a part of the Coldwell Banker Elite Grand Prix Series! Go to [www.runfarc.com](http://www.runfarc.com) for more information on this series.



**When:** Saturday, November 3, 2018; 8:00 am (SHARP)

**Where:** River Club Church, 10835 Tidewater Trail,  
Fredericksburg, VA 22048

**Directions:** River Club is ½ mile south of Fredericksburg Country Club on Business 17 (Tidewater Trail), behind CVS Pharmacy (PLENTY OF PAVED PARKING).

**Registration Information:** Send registration form and check made payable to "FCA" to: FCA, 10835 Tidewater Trail, Fredericksburg, VA 22408. For more information, call FCA office at 540-899-3422, visit [www.battlefieldfca.org](http://www.battlefieldfca.org), email [fburgfca@fca.org](mailto:fburgfca@fca.org), or go ONLINE to [www.racetimingunlimited.org](http://www.racetimingunlimited.org) for instant registration.

**5K Course:** This course is a scenic, level, certified USATF 5K course that runs through the neighborhoods of River Club and Hamilton's Crossing. Water will be available on the course. For the safety of all runners, please no pets, no skates, and no headphones.

**1 Mile Fun Run Course:** This course will use the same start/finish line and first half mile of the 5K course. The route will be well marked by volunteers.

**Cow Chase:** Kids will run ¼ mile with the Chick-fil-A Cows (not timed). Parents are welcome to accompany their children.

**Cost:** \$25/5K; \$15/mile (postmarked by 10/22/18).  
Late registration (after 10/22/18): \$30/5K; \$20/mile.  
Race Day: \$35/5K. (No shirt guarantee if registered after 10/22

**Volunteers:** Over 30 race day volunteers are needed (no experience needed), includes a free shirt and refreshments. To volunteer email or call us (see information section below)

**Restrooms:** Indoor restrooms available onsite

**Shirts:** All entrants registered by 10/22/18 are guaranteed a shirt.

**Packet Pick-Up:** Race Packets may be picked up on Friday, November 2 from 10:00 am – 7:00 pm at the Lucky Road Run Shop.

**Race Day Registration:** 6:30 am – 7:30 am at River Club Church (cost: \$35/5K, \$20/mile, \$10/Cow Chase)  
Refreshments: Post-race refreshments for participants will be served at the finish line, courtesy of Fredericksburg Area Chick-fil-A.

**5K Awards:** Top (3) men & women overall will receive prizes. Awards will be given to the top (3) finishers in each of the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over, Clydesdales\* (men 200+ lbs), and Athena\* (women 150+ lbs).  
\*Check box below

**1 Mile Fun Run Awards:** Top (3) Boys & Girls overall and in age groups 6 & under, 7-8, 9-10, and 11-12 receive prizes. All finishers receive a ribbon.

**Chip Timing by Race Timing Unlimited:**  
Chips will now be embedded in the race bib. No bib, no time.

Please cut and mail entry form to: FCA, 10835 Tidewater Trail, Fredericksburg, VA 22408

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	YS	YM	YL	S	M	L	XL	2X	<input type="text"/>
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Date of Birth (mm-dd-yy)      Age      M/F      T-Shirt (Circle One)      Phone #

<input type="checkbox"/>	Clydesdale
<input type="checkbox"/>	Athena

E-Mail

Last Name      First Name

Address

City      State      ZIP Code

School

**ALL AGES**

5K - \$25/\$22 FARC (by 10/22)

5K - \$30 (after 10/22)

5K - \$35 (race day sign-up)

**AGES 12 & UNDER ONLY**

Miler - \$15 (by 10/22)

Miler - \$20 (after 10/22)

**COW CHASE (5 & UNDER)**

Chase - \$8 (by 10/22)

Chase - \$10 (after 10/22)

**Payment Method: Send Check or Money Order to:**

FCA • 10835 Tidewater Trail • Fredericksburg, VA • 22408

Check made out to: FCA (Entry fees are non-refundable)

**Incomplete or unsigned entry forms will not be accepted!**

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 FCA, RTU, FARC, 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 if under 18)** \_\_\_\_\_