



Massad Family YMCA  
212 Butler Rd.  
Falmouth, VA 22405

Phone: 540-371-9622  
Fax: 540-899-3694  
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March 13, 2011 8:00 AM

### Thurston Companies - John Robbins Organ Donor 8 K Run

**Location:**

Pratt Clinic - 1701 Fall Hill Ave., Downtown Fredericksburg, VA.

[www.ymcaracing.com](http://www.ymcaracing.com)

**Directions** (from I 95): Take Route 3 East, Exit #130; stay on Route 3 East (aka William St.) for about 1.25 miles into town. As you enter the business district, turn left on Prince Edward St., Pratt Clinic is approximately 1 mile ahead, just as you enter Fall Hill Ave.

**Course:** This course is a scenic, mostly level certified USATF 8K course that runs through the streets of historic Fredericksburg. Water will be available on the course. For the safety of all runners, please avoid bringing your pets, all types of skates and radio headsets.

Restrooms: Quarles Building restrooms will be available and Porta Johns.

Information: Questions? Please call Terry McLaughlin at the Rappahannock Area YMCA, Inc. 540-371-9622 ext. 1022 / [tmclaughlin@family-ymca.org](mailto:tmclaughlin@family-ymca.org) or visit: [www.ymcaracing.com](http://www.ymcaracing.com)

Volunteers: Over 30 race day volunteers are needed (no experience needed). Free T-shirt and refreshments included. To Volunteer contact Terry McLaughlin at 540-371-9622 ext. 1022 [tmclaughlin@family-ymca.org](mailto:tmclaughlin@family-ymca.org)

**Registration:** Cost: \$20 / After 2/27/11: \$22 / Race Day: \$25 Send registration (below) and make check payable to the YMCA 212 Butler Rd. Falmouth, VA 22405 or register online: [www.racetimingunlimited.org](http://www.racetimingunlimited.org) All registered entrants are guaranteed a short sleeve T-shirt. T-shirts to late registrants are first come first serve.

**Packet Pick-Up:** Race packets may be picked up on Saturday, March 12, 2011 from 10 AM to 5 PM at the VA Runner Store: 540-368-1100. Race day registration is at Quarles Building 6:30-7:45 AM

**Refreshments:** Post race refreshments include bagels, donuts, cookies and more will be available at the finish.

**Awards:** The awards ceremony will begin approximately 9:30 AM The Top three men and women will receive prizes. Awards will be given to the top three finishers in each of the following age groups: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over, and the Clydesdale Divisions.

**Organ Donation** – Currently, over 92,000 people are waiting for an Organ transplant in the USA; more than 2,500 of them are in VA. There were over 28,000 transplants in the US last year; over 600 in VA. Three Virginians die each week waiting for a lifesaving Organ transplant that doesn't come in time. Nationally, 18 men, women, and children die each day waiting for a transplant. One donor can save seven lives through Organ donation (heart, liver, pancreas, two kidneys, two lungs). For more information, visit [save7lives.org](http://save7lives.org) or call LIFENET: 866-728-3738. All participants are urged to sign an Organ Donor Card.

- Hercules (200+) Men
- Athena (150+) Women

Thurston Companies – YMCA John Robbins Organ Donor 8K Run 3/13/2011  
Fee: \$20 After 2/27: \$22 Race Day: \$25

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CELL# \_\_\_\_\_

\_\_\_\_\_ HOME# \_\_\_\_\_

CITY \_\_\_\_\_ EMAIL \_\_\_\_\_

STATE \_\_\_\_\_ DOB/AGE \_\_\_\_\_

ZIP \_\_\_\_\_ SEX MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

T-Shirt Size: S M L XL XXL

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 Rappahannock Area YMCA, Inc. 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 below.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature if under 18 years old \_\_\_\_\_

**Official Use Only**  
**Race #**



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The Thurston Companies – YMCA John Robbins Organ Donor 8K Run is the second in a series of races throughout the year in the Fredericksburg Area which earns points for the Fredericksburg Area Running Club championships. For more information on the Coldwell Banker Grand Prix, please visit: [www.runfarc.com](http://www.runfarc.com)

Course Records:

Men – Tim Young 24:37

Women – Anna Pichntova 28:14

*Special Thanks to our Sponsors*

## Thurston Companies

VA Runner

95.9

Thunder 104.5

Chick-fil-A

Pepperidge Farm

Coldwell Banker Elite

Race Timing Unlimited

FARC

Joe Ragan's Pure Water

Pohanka Race Series

