

THE RACE PROCEEDS BENEFIT THE RAPPAHANNOCK COUNTY PARK AND ITS PROGRAMS

Sponsored by
The Inn
at
Little
Washington



Organized by the
Rappahannock
Recreational
Facilities Authority

FODDERSTACK 10 KM CLASSIC

34th Annual • April 21, 2012 • 9:00 a.m.

www.fodderstack10k.com

WHERE: Rappahannock County, Virginia. Race begins at the north end of Flint Hill on Route 522 at the Warehouse and ends at the courthouse in Washington, Virginia, via the Fodderstack Road. (See map on the reverse side.)

REGISTRATION AND FEES: **Location for Registration:** Flint Hill Volunteer Fire Dept., Rt. 641 on Fodderstack Rd. in Flint Hill. Registration is from 7:30 - 8:50 a.m.

Pre-registration: \$20.00 by mail postmarked no later than April 16th. **Same day registration:** \$25

Family Rate: A family with 3 or more members pre-registering together – Fee is \$15.00 each person.

Sanctioned Running Clubs and Track Teams: Groups of 5 or more pre-registering together – Fee is \$15.00 each person.

Make checks payable to: Rappahannock Recreational Authority

Mail with entry form to: P.O. Box 124, Flint Hill, Virginia 22627

On-line registration information at our website

PARKING AND TRANSPORTATION: Ample parking is available at the Flint Hill Fire Department. Transportation will be available from Washington, Virginia to Flint Hill. The bus will leave promptly at 7:15 a.m., at 7:45 and at 8:20 from the front of the courthouse on Gay Street, Washington, Virginia. Bus transportation to Flint Hill will be provided after the awards ceremony.

CATEGORIES:	MALE:		FEMALE:		
OPEN	12 & under	13 thru 18	OPEN	12 & under	13 thru 18
19 thru 24	25 thru 29	30 thru 34	19 thru 24	25 thru 29	30 thru 34
35 thru 39	40 thru 44	45 thru 49	35 thru 39	40 thru 44	45 thru 49
50 thru 54	55 thru 59	60 thru 64	50 thru 54	55 thru 59	60 thru 64
65 thru 69	70 thru 74	75 & over	65 thru 69	70 thru 74	75 & over

* Eva L. Smith Memorial is for the first Rappahannock County Resident to finish (Male and Female) donated by Merrill Strange.

** The Ike and Quita Parrish Family Award - given at the discretion of the race committee

AWARDS: Beautiful Trophies to the first three finishers in each category; 4th place for 12 & under category only (Male and Female), T-shirts to first 325 to complete the race. Trophies are made by Merrill Strange.

COURSE RECORD: Men – Steve Pinard – 31:26 Female – Julie Calley – 36:20

INFORMATION: Call Jean Lillard at 540-675-3670 or John McCarthy at 540-675-5330 or write the Recreation Authority at the above address.

NOTE: PLEASE NO PETS ALLOWED ON RACE COURSE

CLIP AND RETURN
PLEASE PRINT CLEARLY

NAME: _____ (PLEASE PRINT CLEARLY) AGE on April 21, 2012: _____ SEX: Male _____ Female _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

Are you a full-time Rappahannock resident? Yes _____ No _____ E-MAIL: _____

In consideration of my application being accepted, I hereby, for myself, my heirs, and executors, waive, release and forever discharge any and all rights and claims for damages which I may have or may hereafter accrue to me against the organizers and sponsors and beneficiaries of Fodderstack 10 KM Classic, other sponsors, and their representatives, successors and assigns, for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. Further, I hereby grant full permission to any and all of the foregoing to use my name, photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose, without compensation or remuneration.

SIGNATURE: _____ PHONE NUMBER: _____

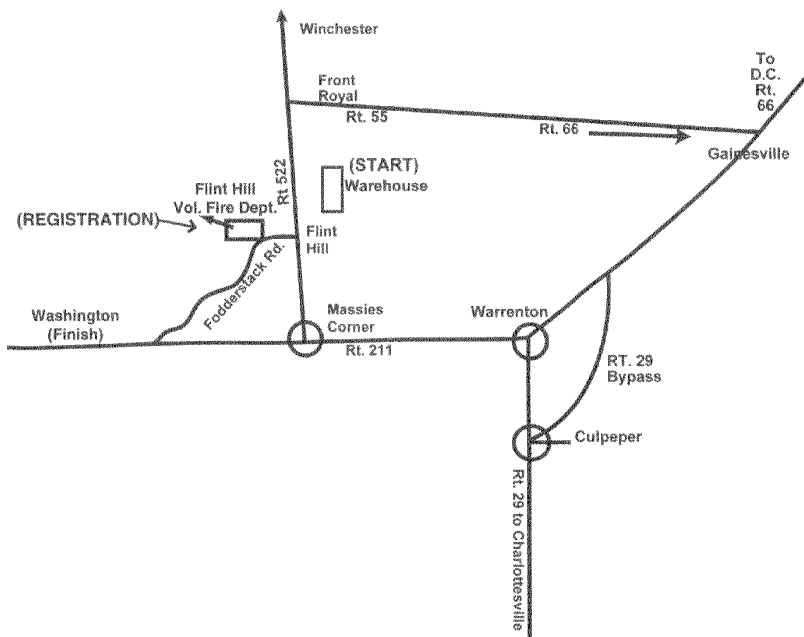
PARENT'S SIGNATURE: _____ (Parent's signature if applicant is under 18 years of age.)

Every applicant must fill in and sign a separate application. Please feel free to duplicate this application.

DIRECTIONS: Washington, Virginia is on the combined Routes 211/522 and is about 65 miles from Washington D.C., and 25 miles or less from Warrenton, Culpeper and Luray and approximately 50 miles from Charlottesville and Harrisonburg.

Flint Hill is 12 miles South of Front Royal on Route 522.

***** Registration is at Flint Hill Volunteer Fire Department. Race begins at the Warehouse located at the north end of Flint Hill. Transportation from the Registration to the Start will leave at 8:50 am.**



*** NOTE: AWARDS CEREMONY WILL START AT 10:30.**

*** NOTE: No pets are allowed on race course.**

DRAWINGS: Drawings will be held for various gifts donated by local businesses. Person must be present at awards ceremony to qualify. Some raffle prizes are restricted to winners 21 yrs or older and prizes are non-transferable. Drawings for door prizes will began at 10:15.

OTHER ACTIVITIES SCHEDULED IN RAPPAHANNOCK ON APRIL 21st:

- **On The Run Sports (otrspots.com)** will have an exhibit booth of supplies at the finish line after the race with running/fitness apparel at discounted prices. Checks and credit cards will be accepted.
- Washington Baptist Church will host a Spring Event - "Grandma's Attic"
- Trinity Episcopal Church "Arts & Crafts Fair" - 11 - 5 p.m.

The race proceeds benefit the Rappahannock County Park and its programs.

We will be selling - Rappahannock T-shirts - \$8 & Rappahannock insulated mugs - \$6

TO:

RAPPAHANNOCK RECREATIONAL AUTHORITY
 P.O. BOX 124
 FLINT HILL, VIRGINIA 22627