

26th Annual Ashburn Farm 10/5/2K Run to Support Ugandan Students November 28, Thanksgiving Day

Race Information

Times:

10K—8:15AM / 5K—8:25AM / 2K Fun Run—8:35AM
All races start on Windmill Drive. Finish line for 5 & 10K
on Crossroads Drive; 2K on Windmill Drive.

Sanction:

10K footrace is sanctioned by USATF

Entry Fees & Deadlines:

Received by:	SEP 24	SEP 25-NOV 26	NOV 27-28
10K	\$25	\$30	\$35
5K	\$25	\$30	\$35
2K fun run	\$15	\$15	\$20

Entries:

Register online or download entry form at
www.ashburnfarm10k.com
Online registration closes Tuesday Nov. 26, 4:00pm.
Drop off or mail paper entry to:
Crossroads UMC
43454 Crossroads Drive
Ashburn VA, 20147

Make check payable to:
Crossroads UMC (10K in memo line)

*Children under the age of 6 may walk/run the 2K fun
run at non charge with a paying family member but will
not receive a T-shirt.*

All entries are final, no refunds given for no-shows or
cancellation.

Walk in Registration:

Available at Crossroads UMC M—F, 9am—4pm
through Tuesday November 26, Wednesday
November 27 between the hours of 2pm—8pm
and on Thursday November 28 (race day)
6:45am—8am (if space is available)

Packet Pickup:

All registered runners can pick up their race packets,
long sleeve T-Shirt and chipped Race bib at
Crossroads UMC on Wednesday November 27,
2pm—8pm or on Thursday, November 28 (race day)
between 6:45am—8am.

Time Limits: Runners of the 10K will be supported on
the race course for one and three-quarter hours. Run-
ners of the 5K will be supported on the race course
for one hour.

T-Shirts: All participants will receive a 100% cotton
long sleeve T-Shirt with a multi-color design.
*T-Shirt Size and availability limited on Race Day.
Requested size is not guaranteed.*

Upgrade to Long Sleeve Performance T-Shirt:

For only \$15 (in place of standard shirt)
Registration must be completed online or received
at Crossroads by November 6 for T-Shirt Upgrade.

Toilet Facilities: Restrooms inside church and
temporary facilities on church grounds.

Water Stops: Water will be available at the 3 mile
mark of the 10K course and also at the Finish area.

Timing: Timing by CRM Commonwealth Race
Management using ChronoTrack RFID
timing system, disposable D-Tag RFID tags.

Results: Individual race results will be posted at
the race web site: ashburnfarm10k.com

Prize/Awards: Top 3 Male and Top 3 Female 10K
finishers will be awarded: 1st place - \$300, 2nd
place - \$200, and 3rd place - \$100. Top 3 Male and
Top 3 Female 5K finishers will be awarded: 1st place -
\$150, 2nd place - \$100, and 3rd place - \$50. 10K and
5K first, second and third place males and females in
the following age groups will receive medals: 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. Top 3
overall teams are awarded medals.
Local merchants have donated many prizes for a
random drawing which will be held after the races.
You must be present to win.

**Absolutely NO RACE STROLLERS OR PETS will be
allowed on race course (Race strollers are
permitted for the 2K Fun Run only).**

*All proceeds from the Ashburn Farm 10/5/2K Run
for Ugandan Students goes to educate students in
primary, secondary and vocational schools in Uganda.
Currently there are 60 students supported. Many
more have completed secondary and are in need of
sponsors to continue their higher education.*

Ashburn Farm Races

Thanksgiving Day 2019

Bib #

 10K 5K 2K

First Name

- Please Print Clearly -

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Last Name

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Address

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City

State

Zip Code

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 Gender
(M or F)

 Age on
race day

T-Shirt Size (Circle One)

 Upgrade to performance T-Shirt (add \$15)
(Deadline November 6)

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Kids Small Med Large X-Large 2X

Email address

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Payment Data: cash : _____ Check #: _____ Total amount authorized for payment: \$ _____

Card Number:

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Expiration Date:

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CVV #:

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Name on Card:

I know that running can be a hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running, including, but not limited to, falls, weather conditions including high heat and/or humidity, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release mb logistics, llc, Commonwealth Race Management, Crossroads United Methodist Church and all event partners, sponsors and volunteers, their representatives and successors from all claims or liability of any kind arising out of my participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or other record of this event for any legitimate purpose without compensation to me. For safety reasons, I agree not to participate with any of the following: wheelchairs, strollers, baby joggers, skates, pets, or headsets. I understand that there are no refunds should severe weather cancel the event. I understand that the entry fee is non-refundable and non-transferable.

PARTICIPANT'S SIGNATURE (Mandatory) Must be signed by parent/guardian if entrant is under age 18.

Unsigned or illegible entries will be rejected.