

2th Annual Ashburn Farm 10/5/2K

Run to Support Ugandan Students

November 2 , 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. Runners 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 8 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, 65-59, 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 68 students supported. Many more have completed secondary and are in need of sponsors to continue their higher education.

