

23rd Annual Ashburn Farm 10/5/2K Run to Support Ugandan Students November 24, 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 30	OCT 1-NOV 20	NOV 21-24
10K	\$25	\$30	\$35
5K	\$25	\$30	\$35
2K fun run	\$15	\$15	\$20

Entries:

Register online www.active.com or download entry
form at www.everydaylifewithgod.org/10K.

Online registration closes November 20, 3:00pm.

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 22, Wednesday
November 23 between the hours of 2pm—8pm
and on Thursday November 24 (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 22,
2pm—8pm or on Thursday, November 24 (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: There will be a large digital clock at
the finish line. Please look for your own times
when entering the finish line area. Timing by
Amazing Race Timing using ChronoTrack RFID
timing system, disposable D-Tag RFID tags.

Results: Individual race results will be posted at
the race web site: everydaylifewithgod.org/10K

Prize/Awards: Top 3 Male and Top 3 Female 10K fin-
ishers will be awarded: 1st place - \$300, 2nd place -
\$200, and 3rd place - \$100. Top 3 Male and Top 3 Fe-
male 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 prima-
ry, secondary and vocational schools in Uganda. Cur-
rently there are 85 students supported. Many more
have completed secondary and are in need of spon-
sors to continue their higher education.*

