2019 Stafford Race Series – Add On

Three Long (5km, 5km & 5km) or Short (1/2 Mile, 1 Mile, 1 Mile) Races
Second Race – October 26, 2019

Stafford County Tourism, Stafford Hospital and the Jeff Rouse Swim and Sport Center have partnered to provide this 3 race series to keep runners moving in 2019. If you completed the Spring Fever 5K or 1/2 Mile outside of the series, you can use this form to join the series and register for the last two races.

DEADLINE: You must complete and return this form by September 30, 2019.

LAST 2 RACES & DATES:

1. Halloween 5km (Oct 26, 2019) or 1 Mile

   Jeff Rouse Swim and Sport Center, Races are on Mine Road and surrounding neighborhood.

2. Frosty 5km (Dec 14, 2019) or 1 Mile

   Jeff Rouse Swim and Sport Center, Races are on Mine Road and surrounding neighborhood. Held in conjunction with the Christmas in Stafford celebration.

AWARDS:

After completing all three races, runners will receive a custom Stafford Race Series participation medal and shirt. Also, we will award the top three overall male and female finishers of the series, based on cumulative times of all three races. For the short series, the awards will be for children born after April 6, 2006.

REGISTRATION:

Register by filling out this form and return to the Jeff Rouse Center or on-line at www.racetimingunlimited.org. When you fill out this form, you will be registered for the final two races. Once registered for this series, you will receive a t-shirt from each race at time of packet pickup.

COST:

Long Race Series for the final two races: Until September 30, 2019 is $45.

Short Race Series Intended for Kids 12 and younger for the final two races: Until September 30, 2019 is $26.

SERIES SPECIFICS:

Runners must complete ALL three races in the order to receive a Series medal and shirt. You must have a finishing time. No exceptions.

RACE SPECIFICS:

If you have any questions regarding a specific race please see:

- www.racetimingunlimited.org
- Halloween 5km and Frosty 5km – please contact Kristen Loescher at kloescher@rousecenter.com

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Date of Birth (mm-dd-yy) **Age** **M/F** **E-Mail Address**

Last Name **Phone**

First Name

Address

City **State** **Zip**

T-Shirt Size	Youth Small	Youth Medium	Youth Large	Adult Small	Adult Medium	Adult Large	Adult XL	Adult 2XL

Long Series Fees:

Until Sept 30, 19 $45

Short Series Fees

Until Sept 30, 19 $26

Total Paid:

In consideration of the foregoing, I for myself, executors and administrators, waive and release any and all rights and claims for damages I may have against Race Timing Unlimited and Stafford County, and any and all sponsors or supporters, actions whatsoever in any manner as a result of my or my child's participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use my or my child's likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature.

Signature
Or Parent Signature if under18 Date

Make checks payable to: Jeff Rouse Swim and Sport Center **Mail to: Jeff Rouse Center, 1600 Mine Road, Stafford, VA 22554**