

8th Annual - Baron "Deuce" P. Braswell II Run/Walk Against Teen Violence 5K & Youth 1 Mile Saturday, September 21st, 2013



This run has been created to bring a continued awareness to the issue of teen violence, and the effects of teen violence on the victim, the families involved, the perpetrator and the community as a whole.

The event is designed to bring families and the community together, uniting for a cause and taking a ***Stand Against Teen Violence and violence in our community.***

5k Run/Walk And Youth 1 Mile Fun Run

Youth 14 & Under 1 mile fun run starts at
8:00 am,
5k Run/walk will begin at 8:30 am

**Course will be measured 5k course,
and Winning Chip timed by Race
Timing Unlimited**

**A Coldwell Banker Elite Grand Prix
Race Series - #9**

Baron was a sixteen year old Courtland High School student and varsity football player who was murdered on the 20th of January 2006. This senseless act of violence **should not be forgotten.** We as a community need to take a stand against teen violence, and **not accept** it as a part of our daily lives.

The run is a combination event. A 5K run/walk and a 1 mile fun run for kids 14 & Under, a raffle for prizes, guest speakers to provide dialogue on issues pertaining to teen violence, food, music, prizes, moon bounces and more.

The BPB II Run Against Teen Violence will be beneficial in several ways. It will honor Baron's memory, it will address issues of teen violence, it will positively impact the community and it will support the efforts of the Baron "Deuce" P. Braswell II Memorial Scholarship Fund. The fund awards scholarship's to assist college bound seniors who have excelled both academically and athletically and are graduates from the City of Fredericksburg, Spotsylvania, Stafford, King George or Caroline County school districts.

Help us to educate our young while participating in an event that is both beneficial to health, heart and mind.

More race details and information on BACK!

Cut here and mail today!



Please Send Entry Forms to:
"Fredericksburg Area Running Club"
P.O. Box 3653
Fredericksburg, VA 22402

Please Send Donations to:
**"Community Foundation of the
Rappahannock River Region"**
ATTN: Baron P. Braswell II Memorial
Scholarship Fund
P.O. Box 208
Fredericksburg, VA 22404 -0208
(Office) 540-373-9292

Baron P. Braswell II – 5K Run / Walk Against Teen Violence & Youth 1 Mile Fun Run

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Date of Birth (mm-dd-yy)		Age		M/F		Youth sizes: <input type="text"/> ys <input type="text"/> ym <input type="text"/> yl			Adult sizes: <input type="text"/> S <input type="text"/> M <input type="text"/> L <input type="text"/> X <input type="text"/> 2X <input type="text"/> 3X		<input type="text"/> Select race <input type="text"/>														
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Additional Donation to Scholarship Fund:\$														<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>					

Incomplete or unsigned entry forms will not be accepted! 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 the Fredericksburg Area Running Club (FARC)/Spotsylvania County, and any and all sponsors or supporters, actions whatsoever in any manner as a result of my participation in this event, and that my medical condition to do so has been verified by a licensed medical doctor.

Signature (parent if under 18)

Date

School Name

Postmarked by Sept 7, 2013

- ☐ \$10.00 – Mile Fun Run 14&U
 - ☐ \$15.00 – 5k Student 18&U
 - ☐ \$22.00 – 5k Adult
- Add an additional \$3.00 for XXL and XXXL

Postmarked after Sept 7, 2013

- ☐ \$10.00 – Mile Fun Run 14&U
 - ☐ \$15.00 – 5k Student 18&U
 - ☐ \$25.00 – 5k Adult
- Add an additional \$3.00 for XXL and XXXL
- Race Day - \$30.00 for all Adults, Students with valid ID will enter with previous entry fees of \$15.00

Registration

- Do NOT mail entries after September 16, 2013, remember that you can register at packet-pickup the day before the event
- Use entry form on reverse side of this page. Copies can be made. Please fill out the form completely and SIGN!
- Make checks payable to Fredericksburg Area Running Club and send to FARC, P.O. Box 3653, Fredericksburg, VA 22402
- You can also register online at www.racetimingunlimited.org or through the Fredericksburg Area Running Club's website www.runfarc.com. Online registration closes September 18.
- **Entry fees are non-refundable, and race will be held rain or shine**
- **For more information e-mail: gsbraswell@verizon.net or check the Fredericksburg Area Running Club website at www.runfarc.com, or call (540) 834-2440**



Race Fees

5k Run/Walk: Adults: \$22.00 **postmarked** by September 7. After September 7 cost is \$25.00. Race Day cost is \$30.00.

5k Run/Walk: Students: 18 & U - \$15.00 postmarked by September 7 (same fee for race day).

1-Mile Youth Fun Run: 14 & U - \$10.00 postmarked by September 7 (same fee for race day).

T-shirts guaranteed to all pre-registered runners – no guarantee of shirt on race day if you register late!

Winning Chip Timing

5k timing is provided by Race Timing Unlimited. All chips will be picked up on race morning, and must be worn on ankle. No chip, No Time.

Awards

Open: The top 3 men and women open finishers receive cash prizes. First place: \$200, second place: \$150, third place: \$100.

Masters (40+): Top male and female receive cash prize of \$75 each.

Age Groups: The top 3 men and women in each of the following 5 year age groups will receive an award: 14 & U, 15-19, 20-24, continuing to 65 & over.

Youth 1 Mile Fun Run participants will receive a finishers medal.

School Spirit Award: The schools with the most participants will be awarded \$1,000 (1st place), \$500 (2nd), and \$250 (3rd)

Refreshments for all participants and volunteers immediately after the athlete is finished.

Packet Pick Up & Late Registration: Late Registration, Race numbers and t-shirts may be picked up at VA Runner on Friday, September 20 (10 am – 6 pm). and Saturday (Race Day) at Courtland High School from 6:30 am -7:45 am (1 miler) and 6:30 am – 8:15 am for the 5k

Race day registration will be held at Courtland High School from 6:30 am - 8:15 am for the 5k, and 6:30 am -7:45 am for the Mile Fun Run. **Unclaimed packets will not be mailed to entrants.**

Please arrive early to allow yourself enough time to complete the registration process.

Directions: From I-95 (North or South) – Exit 126B, Massaponnax, turn right at bottom of exit ramp Upon entering Route 1 turn **right** just a few feet prior to the 3rd stop light (Southpoint Pkwy) in the far right lane designated for right hand turns only (Chick Fil A is on right). Proceed North on Southpoint Pkwy to the second stop light. This is the intersection of Southpoint Pkwy and Courthouse Road. Turn **left** onto Courthouse Road and proceed West to the 6th stop light. This is the intersection of Courthouse Road and Smith Station Road. Turn **left** at the 6th light onto Smith Station road and the school is on the **left hand side a little less than a mile away**. The High School sits about 3/4 mile off of the road in between that administration building and Courtland Elementary.

Important Information: To ensure runner safety, unregistered runners, unauthorized vehicles, bicycles, skateboards, roller skates and roller blades, and running with dogs are prohibited on the course. Baby joggers allowed for walkers only.

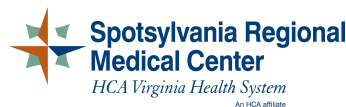


Mary Washington
Healthcare

The Free Lance-Star



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foundation



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