



2011
18th Annual

Ashburn Farm

Race for HUMBLE School

Thanksgiving Day, November 24, 2011

HUMBLE School is a primary school located in Lukojjo Village, Uganda. Operating since 2004, it is now home and school to 266 needy and vulnerable children, many orphaned from war and disease, all victims of poverty. Forty-two children who have graduated from HUMBLE are fully supported by the proceeds of the Ashburn Farm 10K as they continue their education in nearby secondary schools. All proceeds from this race support those children and the children at HUMBLE School.

Race Information

Time:

5K starts at 8:15 AM sharp, rain or shine
10K starts at 8:25 AM sharp, rain or shine
2K starts at 8:35 AM sharp, rain or shine

Sanction:

5 & 10K footraces are sanction by USATF.

Entry Fees & Deadlines:

Received:	by Nov 7	Nov 8-24
10K run	\$25	\$30
5k run	\$25	\$30
2k fun run	\$17	\$17

Entries:

Register online www.active.com or download entry form at www.ashburnfarm10k.com

Drop off or mail entry to:
Crossroads UMC
43454 Crossroads Drive
Ashburn, VA 20147

Make Check Payable to:

Crossroads UMC, 10K in the memo line

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-Shirts for only \$15 (in place of standard T-Shirt).

Registration must be received or online registration completed by November 6th for T-Shirt upgrade.

Incomplete or illegible entry forms or entry forms without correct entry fee will be returned. No confirmations will be sent out.

Walk in registration

Available at Crossroads UMC M-F 9am-5pm through Tuesday November 22. Wednesday, November 23th between the hours of 9am-8pm or on Thursday, November 24th (race day) between 6:45 and 8am.

CROSSROADS
unitedmethodistchurch

More Race Information

Packet Pickup: All registered runners can pick up their race packets, long sleeve T-Shirt, and race number at Crossroads UMC on Wednesday, November 23th between the hours of 2:00 and 8:00 PM or on Thursday, November 24th (race day) between 6:45 and 8:00 AM.

Parking: Parking is available in gravel lot across from church on Crossroads Drive, Ashburn Farm Visitor Center, Greg Crittenden Memorial Park on Windmill Drive, or shopping center off Ashburn Farm Parkway. No parking available to participants in main (paved) church lot by the 10K finish line.

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.

To help or for More Info: Call (540) 729-7563, email: jscore@crossroadsnova.org or visit our web site www.everydaylifewithgod.org

Times: Split times will be called out at each mile of the 5K and 10K courses. 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: www.ashburnfarm10K.com

Post Race Food: An assortment of foods and refreshments will be available after the race.

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, 60-69, 70 & over.

Local merchants have donated many prizes for a random drawing which will be held after the the races. You must be present to win.

Important Notice:

Absolutely NO RACE STROLLERS OR PETS will be allowed on race course (Race strollers are permitted for the 2K Fun Run only). Please do NOT wear radio headphones during the race; it is very difficult for officials to communicate instructions.

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.

Register online at www.active.com or mail/drop off signed ENTRY FORM with entry fee (checks payable to Crossroads UMC-memo line 10K) :
Ashburn Farm 10K, Crossroads UMC, 43454 Crossroads Dr., Ashburn, VA 20147
(cut off and return)

ENTRY FORM

photo copies are accepted

In consideration of my application being accepted, I hereby, for myself, my heirs, and executors waive, release, and forever discharge any and all rights and claims for damages, demands or actions which I may have or may hereafter accrue to me against the Crossroads United Methodist Church, Race Committee, USATF, all sponsors, and volunteers of the Ashburn Farm 10K for any and all injuries suffered by me in any manner, in said events. I recognize that headphones, dogs and racing strollers are not permitted in the 10K or 5K races and that racing strollers are only permitted in the 2K Fun Run.

Runner's Signature: _____ Parent/Guardian Signature (if runner is under 18): _____

Last Name: _____ First Name: _____

USATF Sanctioned - Race Course USATF Certified

Street Address: _____

Event: (Please check one)

- 10K Run
 5K Run
 2K Run

City: _____ State: _____ Zip: _____

Phone #: _____ Gender (circle one) MALE FEMALE

See front for Fee information

- upgrade to performance T-Shirt (add \$15). **Entry must be received by Nov. 6th.**

D	_____
C	_____
A	_____

MM / DD / YY
Birthdate

Age on
Nov 24th

Kids L S M L X 2X
(circle one)
T-Shirt Size