

Sponsored by:



Holiday Inn Express, Winchester South is pleased to offer a special rate (includes breakfast) for anyone traveling to the race on Wednesday night (11/26).

Running Series Sponsors:



FREDERICK COUNTY
PARKS & RECREATION
fcprd.net 540-665-5678



FCPRD
17th Annual

Thanksgiving Day 5K

Thursday, November 27, 2014

Race begins at 8:45 a.m.

Check in and onsite registration from 7-8 a.m.

Kids Fun Run at 9:45 a.m.

Sherando High School Track
Stephens City, VA

Benefitting



The Frederick County Parks and Recreation PLAY Fund is a fund made possible through private contributions from our community to give the children of Frederick County families the opportunity to participate in recreational programs.

Visit www.fcva.us/play for information.

Details, Detail, Details

Sherando High School Track
Stephens City, VA

Directions
From Interstate 81 take Exit #307. Take Route 277 East for approximately 1.5 miles to the school entrance on the right.

Registration Fees
Fee: \$25

Race Packet
Pre-registered participants are encouraged to pick-up their bib number and t-shirt at the Sherando Community Center Tuesday (11/25) or Wednesday (11/26) from 4-9 p.m.

Race day pickups and onsite registrants must pick up their packets at the race site at between 7 and 8 a.m. Race instructions will be given at 8:40 a.m. Onsite registrants will receive a t-shirt while supplies last.

Kids Run
Preregistration for the Kids Run is not necessary and it's free! The Kids Run will begin at approximately 9:45 a.m., directly following the adult 5K, on the Sherando High School Track.

Water
Water will be available to runners at the start and finish of the race.

This is a certified course.

Race Information
Call Rick Burroughs at (540)665-5678.

Age Groups And Awards
Each 5K racer will have the option to receive a race shirt; see registration form. Prizes will be awarded to the top 3 male and top 3 female finishers, top master male and female, and to the top three male and female finishers in each age group.

Age Groups	
10 & under	40-44
11-12	45-49
13-15	50-54
16-19	55-59
20-24	60-64
25-29	65-69
30-34	70+
35-39	

Mail in Registration
Return registration form with fee to:
FCPRD
107 N. Kent Street
Winchester, VA 22601

Walk in registrations are welcome at the above address, M-F, 8 a.m.- 4:30 p.m.

Register online 24/7 at www.fcprd.net!

Make checks payable to Frederick County Parks and Recreation

**This 5K is an electronic chip
timed event!
Don't forget to pick up your chip
the morning of the run!**

Name

Address

City

State

Zip

Day Phone

Cell Phone

☐ Activity #5503-B

☐ Male

☐ Female

Date of Birth

Age on Race Day

Shirt Size