

# 15th Annual Ashburn Farm 10K



Helping Ugandan Mwana By Loving Example

RUNNING FOR HUMBLEWAY ON THANKSGIVING DAY 2008

**10K RUN • 5K RUN • 2K FUN RUN**  
**Thanksgiving Day, November 27, 2008**

## Proceeds benefit HUMBLE Place

HUMBLE is an orphanage and school with 231 children, most orphaned due to poverty, war or disease such as HIV/AIDS or malaria and an additional 16 children now graduated from the primary school and enrolled at a nearby secondary/vocational school. At HUMBLE UMS children are finding what they so desperately need for a future - hope.

**HUMBLE Place is a Mission of Crossroads United Methodist Church in Lukojjo Village, Uganda, Africa**

## Race Information

### Time:

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

### Start:

Windmill Drive across from Crossroads United Methodist Church

### Course:

Relatively Flat course

### Sanction:

5 & 10K footraces are sanctioned by USATF.

### Entry Fees & Deadlines:

Received:	by Nov 9	Nov 10-27
10K Run	\$25	\$30
5K Run	\$20	\$25
2K Fun Run	\$15	\$15

**Course Maps:** Available to download online at [www.ashburnfarm10k.org](http://www.ashburnfarm10k.org)

### Entries:

Register online

[http://www.active.com/page/Event\\_Details.htm?event\\_id=1639079&assetId=3c39b1e3-a3c8-459e-a275-67de3f77f1](http://www.active.com/page/Event_Details.htm?event_id=1639079&assetId=3c39b1e3-a3c8-459e-a275-67de3f77f1)

Or download entry at [www.ashburnfarm10k.com](http://www.ashburnfarm10k.com)

Drop off or mail entry to:

Ashburn Farm 10K, Crossroads UMC  
43454 Crossroads Drive, Ashburn, VA 20147

**Make Check Payable to:**

Crossroads UMC, 10K in memo line.

**Tee-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 Tee-shirts** for only \$15 (in place of standard tee-shirt).

Registration must be received or online registration complete by November 5 for tee-shirt upgrade.

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

# More Race Information

**Packet Pickup:** All registered runners can pick up their race packets, long sleeve tee-shirt, and race number at Crossroads UMC on Wednesday, November 26 between the hours of 2:00 and 8:00 pm or on Thursday, November 27 (race day) between 6:45 and 8:00 am. Walk in registration available Wednesday, November 26 between the hours of 2:00 and 8:00 pm or on Thursday, November 27 (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 and 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 10K finish line.

**Toilet Facilities:** Restrooms inside church, 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@ecrossroadsumc.org](mailto:jscore@ecrossroadsumc.org) or visit our web site [www.ashburnfarm10K.com](http://www.ashburnfarm10K.com)

**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 10K finish line. Please look for you own times when entering the finish line area.

**Results:** Individual race results will be posted at the race web site: [www.ashburnfarm10K.com](http://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 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. Must be present to win.

### Important Notice:

*Absolutely **NO RACE STROLLERS OR PETS** will be allowed on race course (Race strollers 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](http://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 .

Runners Signature: \_\_\_\_\_ Parent/Guardian Signature (if under 18) \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

M F / /  
(circle one) M M D D Y Y  
Gender Birth Date

Age on  
Nov 22

kids L S M L X 2X  
(Circle one)  
T-Shirt Size

USATF Sanctioned - Race Course USATF Certified

**Event:** (Please check one)

- 10K Run  
 5K Run  
 2K Fun Run

See front for Fee information.

**upgrade to performance tee (add \$15). Entry must be received by Nov 5.**

D	_____
C	_____
A	_____