

## **RAPPAHANNOCK AREA YMCA RACE SERIES**

### **EVENTS:**

**March 7<sup>th</sup> – J Robbins 8k Fredericksburg Va [www.runfarc.com](http://www.runfarc.com)**

**April 17<sup>th</sup> – King George 5k & kids 1 m run  
[www.racetimingunlimited.org](http://www.racetimingunlimited.org)**

**May 31<sup>st</sup> – Civitans Memorial Day 5k [www.runfarc.com](http://www.runfarc.com)**

**June 6<sup>th</sup> – Radley Auto Group Spotsylvania Sprint & Youth Triathlon  
[www.racetimingunlimited.org](http://www.racetimingunlimited.org)**

**July 10<sup>th</sup> – Colonial Beach Sprint Triathlon [www.active.com](http://www.active.com)**

**July 11<sup>th</sup> – Colonial Beach Olympic Triathlon [www.active.com](http://www.active.com)**

**Oct 3<sup>rd</sup> – King George 5k & 1m kids run [www.racetimingunlimited.org](http://www.racetimingunlimited.org)**

**Nov 25<sup>th</sup> – Turkey Trot 5k 7 1m kids run [www.runfarc.com](http://www.runfarc.com)**

**ADULTS – 15 & up – need to participate in 5 or more out of the 8 events to receive an additional prize**

**KIDS – 14 & under – have 5 possible events and need to participate in 3 or more of them to receive an additional prize**

**We will have a RACE SERIES banquet in Jan 2011 to celebrate our SERIES participants.**

**Make sure you add these events to your 2010 race calendar!**

**tri and run on**