



UPDATE

5K AND 10K RACES

3rd Annual Festival of Feet Memorial Race

REGISTER ONLINE AT: www.racetimingunlimited.org
Note: Register by April 15 to get a T-shirt.

SATURDAY, MAY 1, 2010

RACE TIME: 7:30 A.M.

BOWLING GREEN, VIRGINIA (CAROLINE COUNTY)

FAMILY EVENT...RUNNERS AND WALKERS WELCOME!

IN MEMORY OF FIRST SERGEANT MARK HAYWOOD

VIRGINIA STATE POLICE (1964 - 2008)

COST: 5K IS \$10.00 PER PERSON OR \$25.00 PER FAMILY
10K IS \$20.00 PER PERSON (NO FAMILY RATE)

LODGING: DAYS INN - CARMEL CHURCH (804) 448-2011 REF # P53313-00
QUALITY INN - CARMEL CHURCH (804) 448-2828 REF# 170782
BOTH AT \$69.99 PER NIGHT

Packet pick up Friday evening, April 30th at the Caroline Visitor's Center
23724 Rogers Clark Blvd., Ruther Glen, VA 22546

Fun Activities planned for Friday and Saturday!

Proceeds go to American Cancer Society and
Virginia State Police Association's Emergency Relief Fund.

