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- **Venue** ~ Wachapreague Carnival Grounds, Atlantic Avenue, Wachapreague, Virginia 23480
 - **6:45 - 7:45** Packet pick up / check in / registration
 - **8:00** Pre-race meeting
 - **8:30** Gun time
 - **11:30** Awards
 - **12:00** Luncheon
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Important Information:

- **Event shirt (tech) guaranteed to the first 250 registered participants (size not guaranteed)**
- **Finishing medal**
- **Unique trophies made by local metal craftsman**
- **Awards by divisions**
- **No duplicate awards**
- **Age determined by age on race day**
- **Final race results posted on official website**
- **Must keep bib number visible on your front**
- **Please run against/facing traffic**
- **Baby joggers & strollers welcome**
- **Aid stations on all courses (water and gatorade)**

- **Entry fee \$40 (\$45 April 1) (\$50 Race Day)**
- **Virtual option \$50 (includes mail fees)**

- **Rain or shine**

- **Sorry no refunds**
- **RFTA reserves the right to modify/cancel due to severe weather**

- **Event Director: 757-999-4999 OR e-mail: andrea@runfortheanimals.com**
- **Dogs welcomed: Must be leashed at all times.**
Please keep your dog away from other participants and traffic.
Doggie water available at aid stations on course.