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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:

- T-shirt (HM, 10K, 5K, Virtual)
- Bib (HM, 10K, 5K, Virtual)
- Finishing medal (HM, 10K, 5K, Virtual)
- Official time (HM, 10K, 5K)
- Trophy by division (HM, 10K)
- No duplicate awards
- Age determined by age on race day
- Final results posted on official website
- Must keep bib number visible on your front
- Run/Walk 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 - \$50 (includes mail fees for swag)**
  
- **Rain or shine**
  
- **Sorry no refunds**
- **RFTA reserves the right to modify/cancel due to severe weather**
  
- **Event Director: e-mail: [andrea@runfortheanimals.com](mailto: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 all courses.**