



FCA 24-HR Indoor Track Run

This event is a low-key, entrant limited event with the purpose of raising funds to support the work of the Fellowship of Christian Athletes with Liberty University's women's D1 coaches and athletes. It is a unique opportunity for runners or walkers to test their limits in circling the beautiful indoor track at Liberty University.

Individuals may choose to run/walk for an assigned time. Or, teams of unspecified numbers may form to divvy up the 24-hr time frame. This can create a great all-night, all-day bonding event! (Only one team member at a time on the track.)

To participate, it is recommended that **each** individual raise or donate a minimum of \$50. With a goal of raising \$8000, all of which goes to support FCA efforts at LU, each participant is asked to solicit donations from family and friends to help with the fundraising effort. Based on the amount raised by each individual, Ultraspire hydration gear can be earned. (See details below.)

WHEN: March 15 at 7:00 p.m. to March 16 at 7:00 p.m. Doors open at 6 p.m. Friday evening. Pre-race instructions will be given at 6:30 p.m. Friday evening.

WHERE: Liberty University Indoor Track

WHAT: Sign up for various time slots: 2-hrs, 6-hrs, 12-hrs, 24-hrs. (Teams can be formed for the 24-hr event.)

SUPPORT: Water and limited snacks will be provided for participants.

SELF-SUPPORT: Feel free to bring personal food, sleeping bag, pillows, chairs etc. for rest periods. (Alcohol not permitted.)

LOGISTICS: No official timing or lap counting will be provided. If you desire to keep track of laps, your options are to self-count, have a counter, or use a hand-held counting clicker. (Available online or at any office supply store for about \$5.00)

FUND-RAISING: Download and print the Donation Form. Enter the required information and, if possible, collect the donated check or enter the donation online per instructions **before** the event. This form, along with collected funds, will be turned in at the event.

SCHEDULE: 24-hour runners (or one member of a 24-hr team) will begin at 7 p.m. on Friday.

12-hour runners will begin at 7 a.m. Saturday

6-hour runner will begin at 1 p.m. Saturday

2-hour runners begin at 7 p.m. Friday and every 2-hour interval henceforth

REGISTRATION: Registration (see form below) will be by email to rtrittipoe@fca.org or by mail to Rebekah Trittipoe/FCA, Liberty University, 1971 Univ. Blvd, LAC #2780, Lynchburg, VA 24515. Because there are limits on the number of runners allowed on the track at any one time, assignments of time will be on a first come-first serve basis. Once the email is received, a confirmation of the assigned track time will be emailed back to you.



AWARDS: The following awards will be earned based on the amount of donations raised. Other than the UltraAspire C2 cups, all awards will be ordered in the specific sizes needed once the donations have been collected and turned in. (ultraspire.com)

Collected Donations of \$50 - \$100	UltraAspire C2 cup https://ultraspire.com/products/ultraspire-c2-cup/
Collected Donations of \$101 – 250	UltraAspire 250 handheld + cup https://ultraspire.com/products/f250/
Collected donations of \$251 - 500	UltraAspire 550 handheld + cup https://ultraspire.com/products/550race/
Collected donations of \$501 - \$1000	UltraAspire Spry 2.5 pack + cup https://ultraspire.com/products/spry-2-5/
Collected donation \$1000+	UltraAspire Momentum pack + cup https://ultraspire.com/products/momentum-race-vest/

The male and female collecting the highest total amount of donations will each receive an additional UltraAspire hydration pack. (Bottles and/or reservoir not included.)

Registration

FCA 24-Hour Track Event

Liberty University Indoor Track

March 15 – 16, 2019

Name _____

Address _____

Email _____

Age _____ Phone _____

24-hour team? Yes no If yes, name of team _____ # of team members _____

Name of designated team captain: _____

Check the time frame you desire:

_____ 24-hour (Begins 7 p.m. Friday)

Choose this option if running on a 24-hour team. Each team will be responsible to have a team member assigned to each hour and all will need to have registered.

_____ 12-hour (Begins 7 a.m. Saturday)

_____ 6-hour (Begins 1 p.m. Saturday)

2-hour time slots (May select as many as you want)

Friday: Begins ____ 7 p.m. ____ 9 p.m. ____ 11 p.m.

Saturday: Begins ____ 1 a.m. ____ 3 a.m. ____ 5 a.m. ____ 7 a.m.

____ 9 a.m. ____ 11 a.m. ____ 1 p.m. ____ 3 p.m. ____ 5 p.m.

I have been warned that the FCA 24-Hour Track run can be a grueling event, and I am fully aware that I could be injured attempting such a run. With this knowledge, I am accepting full responsibility for any harm I might suffer. I absolve all sponsors and organizers of the FCA 24-Hour Track Run of any and all liability related to my attempt to run the FCA 24-Hour Track Run.

Signature: _____ Date _____

If applicant is under 18 years old, signature of parent or guardian is required,

_____ Date _____