

**22<sup>nd</sup> Annual Queens Lake 5K Run**  
**At New Quarter Park, Williamsburg, VA**  
**Saturday, March 26, 2016**

**Benefiting the Colonial Road Runners Scholarship Fund**  
**In Memory of Michael Mann & Tom Ray**



A Colonial Road Runners Grand Prix Event

Fast USATF certified course on paved roads  
through scenic Queens Lake neighborhood!

Race day registration and packet pickup  
7:30 AM -8:45 AM  
1 Mile Fun Run starts at 8:30 AM  
5K Run/Walk starts at 9:00 AM



**For more information:** Contact Race Director Paul Pelletier (757) 253-0625. Email: ppelletier4@gmail.com;  
Race Coordinator Rick Platt (757) 229-7375, cell phone (757) 345-1431. Email: rickplatt1@juno.com;  
Thomas Tate at (757) 870-0429. Email: thomas.tate21@gmail.com

**Online registration available at <https://www.RunSignUp.com>**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, & Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Race Entered: 5K Run  5K Walk  1 Mile Fun Run

Gender: Male  Female  T-shirt size: S  M  L  XL

T-shirt size: YM  YL  (Children's)

5K Run/Walk Registration: \$20 if postmarked by Friday, March 18, 2016; \$25 late and \$30 race day

1 Mile Fun Run Registration: Free or \$8 with t-shirt

T-shirts and exact sizes are guaranteed to all entrants who register by March 18, 2016. After that first come, first served, while supplies last

I would like to make a donation to the CRR Scholarship Fund in the amount of \$\_\_\_\_\_

**Make checks payable to "CRR Queens Lake Run" and mail to:**  
**Paul Pelletier, 4096 Thorngate Drive, Williamsburg, VA 23188**

I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running/walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting entry, I, for myself and for anyone entitled to act on my behalf, waive and release York County, Queens Lake, York Country Parks and Recreation, New Quarter Park, the Colonial Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures recordings, or any other record of this event for any legitimate purpose. **In consideration of the safety of all run participants, no baby joggers, baby strollers, headphones, animals on leashes, skateboards, or skates.**

Signature (Parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**ALL ENTRANTS MUST SIGN WAIVER**

**Awards:** To the top three overall men and women, to the top three in five-year age groups (from 14-and-under through 70-and-over), and to the top three men and women in the walk division.

**Course:** Flat out-and-back course with loop into Queens Lake. Tranquil, scenic, woodland setting along paved roads near the Colonial Parkway and Queens Lake in York County. Certified 5K course (USATF VA-08008-RT).

## In Memory of Michael Mann and Tom Ray

Two members of the Virginia Peninsula Road Racing Hall of Fame are no longer with us—Michael Mann (2006 inaugural inductee class) and Tom Ray (2007 inductee class). Mann, who died in September, 2007 at age 38 after a 2 ½-year battle with lung cancer, was a three-time winner of the Colonial Road Runners Grand Prix (2002-04). His PRs ranged from 15:18 (5K), 24:58 (8K) and 31:20 (10K) up to 1:09:16 for the half marathon and 2:28:28 for his favorite race, the 2004 Shamrock Marathon. He still holds four CRR race course records. Ray, who died in June, 2011 at age 78, still holds the all-time CRR record for men 65-69, a 20:02 at age 67 at the 2000 Vineyards 5K, and the Virginia state record for men 70-74 with a 1:13:55 at the 2003 Yorktown Battlefield 10 Miler. The Colonial Road Runners Scholarship Fund is in memory of these two talented runners and never-to-be-forgotten friends.

## Directions to New Quarter Park

**From Interstate-64:** Take exit 242A onto Route 199. Exit Route 199 onto Route 143 towards Williamsburg. At the first traffic light, turn right onto Penniman Road (Magruder Elementary School is on the corner). Proceed 1 block and turn left onto Hubbard Lane. Proceed straight ahead on Hubbard Lane for about 1 mile. Make a right turn onto Lakeshead Road and proceed straight for about 1¼ miles until you reach the park entrance.

**From Route 143:** At the Route 143-Penniman Road traffic light (coming from Newport News), turn right onto Penniman Road (Magruder Elementary School is on the corner). Proceed 1 block and turn left onto Hubbard Lane. Proceed straight ahead on Hubbard Lane for about 1 mile. Make a right turn onto Lakeshead Road and proceed straight for about 1¼ miles until you reach the park entrance.

**From downtown Williamsburg:** Take the Colonial Parkway (from the Information Center area) towards Yorktown. Take the Queens Lake exit off the Colonial Parkway. At the end of the exit ramp, turn right onto Hubbard Lane, then turn right onto Lakeshead Drive and proceed straight for about 1¼ miles until you reach the park entrance.

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