



5th Annual **Cold F-F-Feet 5k Run**



Saturday, January 31, 2009 11:00 AM

Fun Run at 10:30 AM

Grafton High School Grafton, VA

A Peninsula Track Club Event

Course: Asphalt road/dirt fire trail through fields and woods beginning and ending behind the Grafton High School complex.

Proceeds to benefit: The Grafton Athletic Booster Club Scholarship Program for college bound students.

Registration: Entries postmarked by January 17th are \$15 / person. Late and race day registration are \$20 / person. First 100 entries guaranteed T-shirts in their size. Fun run is free with option to purchase T-shirts onsite (first come, first served). Registration on race day begins at 9:00 A.M.

Checks payable to: Grafton Athletic Booster Club (GABC)

Mail to: Grafton Athletic Booster Club (GABC) c/o Rosanne Tyndall
100 Birkdale Ct., Yorktown, VA 23693

Awards: Awards will go to the top three overall men and women, and to the top three in each of the following age groups: 14 & below; 15-18; 19-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & Over.

Information: ColdFFFeet5kRun@cox.net
or Sharon Otero (757) 561-9504

Select event:

- ☐ **5K Race: Select T-Shirt Size: (Circle One)** S M L XL
☐ **Fun Run Only**

(Please Print Legibly)

Name _____ Sex _____ Age (Race Day) _____ Birthday _____

Address _____ City/State/Zip _____

Phone _____ E-Mail _____ PTC Member: (Please Circle) Y N

Grafton Middle or High School Student: Y N Grade _____ 7th Period Teacher _____

Waiver: I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained and by my signature, I certify, that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decisions of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Peninsula Track Club, Grafton Athletic Booster club, Grafton High School, York County Schools, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. 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.

Signature of Runner _____

Date _____

Signature of Parent or Legal Guardian if Runner under 18 _____

Date _____

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