

**24th Annual
COAST GUARD DAY
5K RUN/WALK & 1 MILE
FUN RUN**

MILITARY & CIVILIANS WELCOME

**Saturday - August 4, 2012 Rain or Shine
A Peninsula Track Club GRAND PRIX Event**



RACE DIRECTOR
Katherine Long (757) 856-2226
katherine.b.long@uscg.mil

TIMES: 0700-0815 - Morning registration
0800 - 1 Mile Fun Run - on base
0830 - 5K Run; Walkers welcome but no awards

LOCATION

The Coast Guard Training Center invites all runners, walkers, military and civilian, to participate in the Twenty-fourth Annual Coast Guard Day 5K Run/Walk & 1 Mile Fun Run. The 5K course starts and finishes on the Training Center located in historic Yorktown, Va. After leaving the base, the course winds its way through the scenic National Park Battlefield roadways famous for their views of the encampment areas, siege lines, and redoubts which were the site of the Revolutionary War's final decisive battle. For more information visit our web page: <http://www.uscg.mil/tcyorktown/Support/MWR/5k.asp>

AWARDS

The following awards will be presented immediately after the race in the TRACEN Gymnasium:

Male & Female - Top 3 overall

Coast Guard Runners Top (3) overall - Male & Female

Male & Female - Top (3) finishers in each age category:

Age 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39

40-44, 45-49, 50-54, 55-59, 60-64, 65 & over

Children's Fun Run - Medals for first 25 finishers.

COURSE SUPERVISION

Runners must follow traffic flow and yield the right-of-way to vehicular traffic. Course marshals will be located at critical checkpoints on the course. Water will be supplied on the course.

REFRESHMENTS

Following the race there will be light refreshments and a drawing for door prizes.



REGISTRATION & ENTRY FEES

All pre-registered entries up through July 20th will receive a T-shirt. **Late registration not guaranteed a t-shirt.**

\$15.00 PRE-REGISTERED - POSTMARKED BY JULY 20, 2012. \$20.00 LATE AND RACE DAY REGISTRATION.

Active Duty Coast Guard only: Half price (\$7.50) through July 20. Full price (\$20) after July 20.

Kids 1 mile Fun Run FREE if participant does not want a T-shirt. (\$8.00 for T-shirt)

Please make all checks and money orders payable to: USCG TRACEN YORKTOWN MORALE FUND and mail to: MWR Gymnasium, U.S. Coast Guard Training Center, Yorktown, VA. 23690-9761

COAST GUARD DAY 5K RUN/WALK OFFICIAL ENTRY FORM

IMPORTANT: Photo ID required to enter base on race day!

FIRST NAME	MIDDLE INITIAL	LAST NAME	
MAILING ADDRESS	CITY & STATE	ZIP	(AREA CODE) PHONE #
E-MAIL: _____			
ACTIVE DUTY COAST GUARD	Y N	DUTY STATION _____	
AGE ON RACE DAY _____	BIRTH DATE _____	GENDER: M F	PTC MEMBER Y N
PLEASE INDICATE BY CIRCLING: 5K RUN		FUN RUN (No cost)	
T-SHIRT SIZE (CIRCLE ONE): S M L XL		FUN RUN T-SHIRT (\$8): YOUTH M L ADULT S	

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 decision 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/participation in this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller 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, The Road Runners Club of America, the U.S. Government, the U.S. Coast Guard, York County, Commonwealth of Virginia and the National Park Service 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 if Runner under 18

Date