

10 Year Anniversary



COLD FEET 5K

Grafton High School, 403 Grafton Dr,
Yorktown VA

Sat, Feb 1, 2014 10:00 a.m.

A 5K run/walk beginning and ending behind Grafton High School complex. Finish line services provided by the Peninsula Track Club. Proceeds benefit the Grafton Athletic Booster Club college and camp Scholarship Fund for Grafton athletes.



Age Groups & Awards: 14& U, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over. Awards to top 3 overall male & female finishers; top 3 in each age category.

T-Shirts: Long sleeve cotton t-shirts guaranteed to the first 150 registered. Add \$2 for XXL size.



Fee: \$20 by Jan 21st. Late: \$25 after Jan 21st. Race day registration begins at 8:00 a.m.

REGISTER ONLINE:

<https://www.raceit.com/Register/?event=24052>

Mail in: GABC (c/o Teena Hicks)
120 Laura Ln, Yorktown, VA 23692

Race inquiries: GraftonColdFeet5K@cox.net; Elaine Jones, (757) 618-0420

T-Shirt Size: (Circle One) S M L XL XXL (\$2 extra)

Name _____ **Sex** _____ **Age (race day)** _____ **Birthdate** _____

Address _____ **City/St/Zip** _____

Phone _____ **e-mail** _____ **PTC member: (circle) Y N**

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 the 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 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, the Road Runners Club of America, Grafton Athletic Boosters 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 ATHLETE

DATE

SIGNATURE OF PARENT (IF UNDER 18)