



7th Annual Cold F-F-Feet 5k Race & Fun Run

Saturday, February 5, 2011

Grafton High School 403 Grafton Dr, Grafton, VA



Events: 5K Run/Walk – 11 AM, 1 mile Fun Run – 10:30 AM
Finish line results and race support provided by PTC

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

Age Groups: 14 & U, 15-18, 19-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65 & Over

T-shirts: 100% cotton long sleeved. Guaranteed to first 150 5K runners. Please add \$2 for XXL size

Awards: 5K Only - top 3 overall male & female finishers; top 3 in each age group

Fees: 5K \$20 by January 22, \$25 Late Registration after Jan 22
Fun Run \$10 with T-shirt, \$0 (Free) without T-shirt

Registration: Grafton Athletic Booster Club (GABC)
c/o Teena Hicks
120 Laura Lane
Yorktown, VA 23692
Race Day Registration begins @ 9 AM.

Race Director: Amy Moore ColdFFFeet5kRun@cox.net
(757) 867-1018

Proceeds: To benefit college & camp scholarships for GABC athletes



Directions: From Rt. 64, take exit 258B, J. Clyde Morris Blvd, towards Yorktown and proceed 5.6 miles. Take a left at Wolf Trap Road/VA-630 intersection (across from WAWA). From Gloucester, Cross Coleman Bridge on 17S and proceed 6 miles. Take a right at Wolf Trap Road/VA-630 intersection (across from WAWA). Proceed left to parking behind the high school (403 Grafton Drive).

Event: () 5K Race: T-Shirt Size: (Circle One) S M L XL XXL (\$2.00 EXTRA)
() Fun Run with T-shirt () Fun Run without T-shirt

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

Address _____ City/State/Zip _____

Phone _____ E-Mail _____ PTC Member: (Please 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 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, by 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, the Road Runners Club of America, 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 ATHLETE

DATE

SIGNATURE OF PARENT (IF UNDER 18)

A Peninsula Track Club Event