

# American Legion Post 273

***“FREEDOM IS NOT FREE”***

**Scholarship Run**

**5K Run / 2 Mi Walk**

**0800 Saturday, 12 March, 2011**

**Poquoson High School 5K Cross Country Course**

**2 mile walk will be on the asphalt track**

## **COURSE**

Poquoson HS cross country course. Figure eight on trail and path. Mostly grass, dirt and flat. Very spectator friendly. Start & finish behind Poquoson HS.

Entry Fee: \$10.00

T-Shirts available for \$10.00

Registration: 0700 behind Poquoson HS. Race starts at 0800. Awards to follow.

Contact: Race Director Jeff Gross at 757-868-3787 or [JEFF144@aol.com](mailto:JEFF144@aol.com)

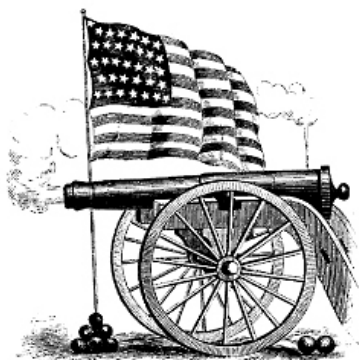


## **Awards**

Ribbons to all finishers

Medals to top 3 Male and  
Female in the below groups:

14 and under, 15–19, 20-24,  
25-29, 30-34, 35-39, 40-44,  
45-49, 50-54, 55-59, 60-64,  
65 and up, Active Duty  
Military



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All proceeds will go to the American Legion Post 273 Poquoson, Virginia Scholarship in honor of Pfc Kyle Brown, USMC who sacrificed his life for his country in Iraq.

Make checks payable to: American Legion Post 273

Mail entries to:

Jeff Gross - Race Director  
19 Windy Point Drive  
Poquoson VA 23662



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#### Race Registration Form

Please Circle One: 5K Run

2 Mile Walk

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Age (Race Day): \_\_\_\_\_ Please Circle: Male Female

Want to reserve a shirt? Size S M L XL Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Active Duty Military? Yes/ No Which Service? \_\_\_\_\_

Race Fee: \$10.00 Shirt Fee: \$10.00 Amount Enclosed: \_\_\_\_\_

Disclaimer: I understand that running a cross country race is a potentially hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running or walking in the event including, but not limited to: falls, contact with other participants, the effects of weather including heat, cold, humidity, traffic, conditions of the trail, and all other such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the American Legion Post 273, the race officials and volunteers from all claims or liabilities of any kind arising from 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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent's Signature if under 18)