

31st Annual

MILITARY & CIVILIANS WELCOME

COAST GUARD DAY

5K RUN/WALK & 1 MILE

USATF cert. VA10027RT

FUN RUN

Saturday – July 27, 2019

Rain or Shine

A Hampton Roads Super GRAND PRIX Event



RACE DIRECTOR

Rachel Miller (757) 856-2226

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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 Thirty-First 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.forcecom.uscg.mil/Our-Organization/FORCECOM-UNITS/TraCen-Yorktown/Morale-Recreation/CG-Day-5K-Run/>

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, 65-69, 70 & over

Children's Fun Run - Medals for all those who finish.

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 12th will receive a T-shirt. **Late registration not guaranteed a t-shirt.**

\$15.00 PRE-REGISTERED – POSTMARKED BY JULY 12, 2019. \$20.00 LATE AND RACE DAY REGISTRATION

Active Duty Coast Guard only: Half price (\$7.50) through July 12. Full price (\$20) after July 12th.

Kids 1 mile Fun Run: FREE w/o a t-shirt/ \$8.00 with 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! (Race participants and spectators)

All vehicles will be inspected prior to entry to base – arrive early and allow extra time!

FIRST NAME _____ MIDDLE INITIAL _____ LAST NAME _____

MAILING ADDRESS _____ CITY & STATE _____ ZIP _____ (AREA CODE) PHONE # _____

E-MAIL ADDRESS: _____

ACTIVE DUTY COAST GUARD: Y N DUTY STATION _____ BIB# _____

(For Internal Use)

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 (\$8.00): YOUTH: M L ADULT: S

EMERGENCY CONTACT: _____ EMERGENCY CONTACT PHONE# _____

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, 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

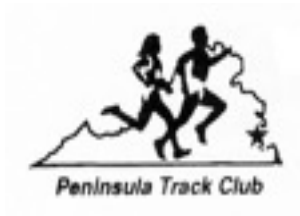
DIRECTIONS TO COAST GUARD TRAINING CENTER:

Take I-64 to Exit 250B (Ft. Eustis Blvd/Rt. 105). Go toward YORKTOWN on Rt. 105, approximately 3 ¾ miles to traffic light at Rt. 17. Go LEFT onto Rt. 17 NORTH. Proceed about ¾ mile to second traffic light and turn RIGHT onto Cook Rd. Proceed approximately 2 ½ miles to the STOP sign and turn RIGHT onto Ballard St. (Rt. 238 East). Follow this road approximately 1¼ miles to the CG Training Center gate.

From points North via Rt. 17:

Follow Route 17 South across the Coleman Memorial Bridge. Proceed approximately ½ mile past bridge and turn left at traffic light onto Route 238 EAST. Follow Rt. 238 East for approximately 2 miles to CG Training Center gate.

Finish line results and race support provided by the PENINSULA TRACK CLUB



SPONSORED BY:



Training Center Yorktown, Morale, Well-Being, and Recreation (MWR) sincerely thanks and appreciates the sponsors of this event. However, neither the Coast Guard, MWR, nor any other part of the Federal Government officially endorses any company, sponsor, or their products or services.