



6th Annual Cold F-F-Feet 5k Race & Fun Run

Saturday, January 30, 2010

Grafton High School [403 Grafton Dr, Grafton, VA](#)



Events: **Grand Prix Event**, 5K Run/Walk – 11 AM, Fun Run – 10:30 AM

Fees: \$15 by January 16, \$20 Late Registration after Jan 16

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

Registration: Grafton Athletic Booster Club (GABC)
c/o Amy Moore
207 Hedgerow Ln
Yorktown, VA 23693
Race Day Registration begins @ 9 AM.



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

Race Director: Sharon Otero ColdFFFeet5kRun@cox.net
(757) 561-9504

T-shirts: 100% cotton long sleeved guaranteed to first 150 5K runners + \$2 for XXL

Proceeds: Scholarships for GABC college-bound athletes

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

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 Only



Name _____ **Sex** _____ **Age (Race Day)** _____ **Birthdate** _____

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, 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 Grand Prix Event