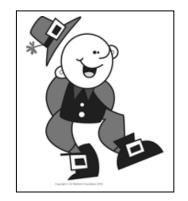


19th Annual

Queens Lake 5K at New Quarter Park

To benefit the St. Baldrick's Foundation and Colonial Road Runners Scholarship Fund

8:30 AM 1 Mile Fun Run 9:00 AM 5K Run/Walk Saturday, April 6th, 2013 A Colonial Road Runners Grand Prix Event



Race Day Registration and Packet Pickup 7:30-8:45am.
Race Day Registration will end at 8:45am for 5K.

Registration:

Entries postmarked by **Saturday, March 30th**, **2013** will be \$20 for the 5K Run/Walk. Late and race day registration will be \$25. No fee for 1 mile fun run (\$8 including shirt).

Course:

Flat out-and-back course with loop into Queens Lake. Tranquil, scenic, woodland setting along paved roads near the Colonial Parkway and Queens Lake in York County. Certified 5K course (USATF VA-08008-RT).

Awards:

First Name

To the top three overall men and women, to the top three in five-year age groups (from 14-and-under through 70-and-over), and to the top three men and women in the walk division.

One of the fastest courses in the Williamsburg area!

For more information:

Contact Race Directors Soosan Hall (757) 645-7396, grmweb@gmail.com and Jennifer Gardner (757) 784-0555, fourth.crow@gmail.com, or Race Coordinator Rick Platt (757) 229-7375 or (757) 345-1431, rickplatt1@juno.com

For online entry:

Sign up online at Raceit.com (open until 4/5/2013 at 5P.M.): https://www.raceit.com/Register/?event=16853

Enter via mail:

Last Name

Brenda Mitchell, CRR Queens Lake Run, 111 Hempstead Rd., Williamsburg, VA 23188

Make checks payable to: CRR Queens Lake Run

T-shirts are guaranteed to people who register a week in advance. After that first come, first served until gone.

I list i tuille.	Last I tall	
Street Address:		
City, State, & Zip Code:		
Home Phone:	Work Phone:	Email:
Age on Race Day:	Race Entered: 5K Run□	5K Walk□ 1 Mile Fun Run □
Gender: Male□ Female□	T-shirt size: $S \square M \square$	$L\Box$ $XL\Box$
	·	Children's) St. Baldrick's Foundation the CRR Scholarship Fund
by any decisions of a race official relative to my a limited to, falls, contact with other participants, the known and appreciated by me. Having read this vact on my behalf, waive and release St. Baldrick's all sponsors, their representatives and successors factors.	ability to safely complete the run. I assume all the effects of the weather, including high heat waiver and knowing these facts and in consider Foundation, Queens Lake, York Country Parfrom all claims or liabilities of any kind arising recordings, or any other record of this event for	walk unless I am medically able and properly trained. I agree to abide all risks associated with running/walking in this event including, but not or humidity, traffic, and the condition of the road, all such risks being leration of your accepting entry, I, for myself and for anyone entitled to wrks and Recreation, New Quarter Park, the Colonial Road Runners and ng out of my participation in this event. I grant permission to all of the for any legitimate purpose. In consideration of the safety of all RUN s, or skates.
Signature (Parent or guardian if under 18)		Date

Benefiting

Colonial Road Runners Scholarship Fund and St. Baldrick's Foundation, which began as a challenge between friends in 2000 growing into the world's largest volunteer-driven fundraising opportunity benefiting childhood cancer research. Please see http://JesseGracesJourney.com/events for a calendar of what you can do to help conquer the #1 killer of children in the United States!

Directions to New Quarter Park

<u>From Interstate-64</u>: Take exit 242A onto Route 199. Exit Route 199 onto Route 143 towards Williamsburg. At the first traffic light, turn right onto Penniman Road (Magruder Elementary School is on the corner). Proceed 1 block and turn left onto Hubbard Lane. Proceed straight ahead on Hubbard Lane for about 2 miles. Make a right turn onto Lakeshead Road and proceed straight for about 2 miles until you reach the park entrance.

From Route 143: At the Route 143-Penniman Road traffic light (coming from Newport News), turn right onto Penniman Road (Magruder Elementary School is on the corner). Proceed 1 block and turn left onto Hubbard Lane. Proceed straight ahead on Hubbard Lane for about 2 miles. Make a right turn onto Lakeshead Road and proceed straight for about 2 miles until you reach the park entrance.

From downtown Williamsburg: Take the Colonial Parkway (from the Information Center area) towards Yorktown. Take the Queens Lake exit off the Colonial Parkway. At the end of the exit ramp, turn right onto Hubbard Lane, then turn right onto Lakeshead Drive and proceed straight for about 2 miles until you reach the park entrance.

Sponsored by



www.stbaldricks.org