



**19<sup>th</sup> 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 6<sup>th</sup>, 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:**

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:**

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.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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  M  L  XL

T-shirt size: YM  YL  (Children's)

I am unable to participate in the race, but here is my donation to St. Baldrick's Foundation \_\_\_\_\_

I am unable to participate in the race, but here is my donation to the CRR Scholarship Fund \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running/walking in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting entry, I, for myself and for anyone entitled to act on my behalf, waive and release St. Baldrick's Foundation, Queens Lake, York Country Parks and Recreation, New Quarter Park, the Colonial Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of 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. **In consideration of the safety of all RUN participants, no baby joggers, baby strollers, headphones, animals on leashes, skateboards, 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

**From Interstate-64:** 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](http://www.stbaldricks.org)