

**21<sup>st</sup> Annual  
COAST GUARD DAY  
5K RUN/WALK & 1 MILE  
FUN RUN**

MILITARY & CIVILIANS WELCOME



**Saturday - August 1, 2009**

**Rain or Shine**

**A Peninsula Track Club GRAND PRIX Event**

**RACE DIRECTOR**  
Katherine Long  
(757) 856-2226

**TIMES:** 0700-0815 - Morning registration  
0800 - 1 Mile Fun Run - on base  
0830 - 5K Run (3.1 miles), Walkers welcome but no awards category

**LOCATION**

The Coast Guard Training Center invites all runners, walkers, military and civilian, to participate in the Twenty-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.uscg.mil/tcyorktown/Support/MWR/5k.asp>

**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 & over (2) awards **Children's Fun Run** - Medals for first 25 finishers.

**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**

Pre-registered early packet pickup Friday, July 31<sup>st</sup>, 10:00 AM - 3:00 PM. All pre-registered entries up through July 17<sup>th</sup> will receive a T-shirt. **Late registration not guaranteed a t-shirt. \$15.00 PRE-REGISTERED - POSTMARKED BY JULY 17, 2009. \$18.00 LATE AND RACE DAY REGISTRATION.** Kids 1 mile Fun Run free if participant does not want a T-shirt. (\$8.00 for T-shirt) \* Must fill out registration form and indicate for Fun Run.

**COAST GUARD DAY 5K RUN/WALK OFFICIAL ENTRY FORM**



\*Cost is \$15.00 per entry if postmarked by Friday July 17, 2009. After July 17<sup>th</sup>, entry fee is \$18.00. Fun Run entry is free unless participant wants a T-shirt (\$8.00). 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** **IMPORTANT: Photo ID required to enter base on race day!**

FIRST NAME \_\_\_\_\_ MIDDLE INITIAL \_\_\_\_\_ LAST NAME \_\_\_\_\_

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

E-MAIL: \_\_\_\_\_

ACTIVE DUTY COAST GUARD  Y  N DUTY STATION \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ SEX (please circle) MALE FEMALE PTC MEMBER  Y  N

**PLEASE INDICATE BY CIRCLING:** RUN FUN RUN (No Cost)

T-SHIRT SIZE (CIRCLE ONE): M L XL FUN RUN T-SHIRT (\$8): **YOUTH** M L **ADULT** S

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, baby joggers, 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



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