

Yorktown Freedom Run 5 K July 4, 2007



Awards, Medals, and \$2,400 in Cash Prizes

Start : 5K, 8:00 a.m. (NOTE NEW START TIME)
Race starts in Visitors Center Parking Lot
(All runners must be off the course by 8:45 a.m.)
No official time after 8:45)

Race Day Registration: 6:30-7:30 a.m.
Registration closes promptly at 8:00 a.m.
Race day registration will be on Zyewbrücken
Road near the Victory Monument.

Cost: \$15 (\$20 if postmarked after June 23 or on
Race Day), First 700 entrants are guaranteed a T-shirt.



THE FREEDOM RUN STARTS THE DAY LONG FOURTH OF JULY
CELEBRATION IN YORKTOWN.
"EVERYBODY WANTS TO RUN YORKTOWN!"
BUT REMEMBER, ON THE COLONIAL PARKWAY (AFTER THE ORANGE
BARRELS) ALL RUNNERS MUST RUN IN THE SINGLE RIGHT-HAND LANE OR
RISK DISQUALIFICATION!



A Peninsula Track Club Grand Prix Event
USATF Certification #VA 91011-RT
(Grand Prix Rules Apply)

Note New
Start Time

DETACH _____

Make Checks Payable To
YORKTOWN FREEDOM RUN, P.O. BOX 718, GRAFTON, VA 23692

NO REFUNDS, EXCHANGES OR TRANSFERS

Name (First, MI, Last)

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Mailing Address Street Include Apt.

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City State Zip Code

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Age on T-SHIRT SIZE (Circle)

Race Day

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L XL

Peninsula
Track Club
Member

Yes No

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SEX

M F

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Area Code

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Phone No.

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I KNOW THAT RUNNING A ROAD RACE IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO SAFELY COMPLETE THE RUN. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING IN THIS EVENT INCLUDING, BUT NOT LIMITED TO FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF WEATHER, INCLUDING HIGH HEAT, AND HUMIDITY, TRAFFIC CONDITIONS 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 MY ENTRY, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE PENINSULA TRACK CLUB, THE U.S. PARK SERVICE, YORK COUNTY, THE YORKTOWN ROTARY CLUB, AND ALL OTHER 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 PHOTOGRAPHY, MOTION PICTURES, OR ANY OTHER RECORD OF THIS EVENT FOR ANY LEGITIMATE PURPOSE. I ALSO UNDERSTAND THAT IN THE EVENT THAT THIS RACE CANNOT BE HELD DUE TO ACTS OF GOD, SUCH AS WEATHER, REFUNDS WILL NOT BE GIVEN.

SIGNATURE _____ DATE _____ PARENT SIGNATURE (UNDER 18) _____

Directions: **From I-64**-- Take Exit 250B (Route 105E.) to Yorktown and go approx. 3 miles to Route 17. Turn left on to Rt. 17. At the second stop light, bear right onto Cook Road. Race parking on the right (approx. 2.3 miles).
From Gloucester -- Exit Route 17 onto the Parkway toward Yorktown. At the end of the Parkway turn right on Moore House Rd. Parking lot is approximately 100 yards to Moore House Rd.

The parking lot is about 600 yards from the race registration area on Zyewbrücken Road near Victory Monument. We strongly recommend that all runners report to race registration by 7:00 am. Because of special Fourth of July security and traffic slowdown, you really need to give yourself an extra half hour in travel time. Last year, over 100 runners did not make it to registration on time!

Course: Race starts in the NPS Visitors Center Parking Lot, goes along the Colonial Parkway, through Yorktown and finishes at the Yorktown Victory Monument.

Awards: Medals and cash prizes (\$250, 150, 100, 50, 25) will go to the first five eligible overall male and female runners, and to the first five male and female masters (40-49) finishers (\$150, 100, 75, 50, 25) and senior masters (50+) finishers (\$100, 75, 50).

Special 3" medals will be given to the top three finishers in the following other categories.

Male: 12 & under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

Female: 12 & under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

Unclaimed medals WILL NOT be mailed or stored away!

Refreshments: Fruit, bottled water and other beverages at conclusion of race.

Race Director: Hal Herdey, 898-6269 -- kherdey@visi.net
Race Coordinator: Jon Park, 867-8714 -- toadpark@aol.com

On the Parkway (after the orange barrels), all runners must run in the single assigned lane of the Parkway or risk disqualification!

WAL-MART
Yorktown

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YORKTOWN REFINERY

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