

# Inaugural Courtland 5K Run/Walk and Squirt Spirt

## Saturday, October 18, 2014

- Time:** 6:30 AM Race Day Registration (closes at 7:45 am)  
8:00 AM 5K Run/Walk  
10:30 AM Squirt Spirt (Children 12 and under)
- Place:** Courtland Community Center, 25499 Florence Street, Courtland, Virginia 23837  
(Parking at nearby Courtland Elementary School)
- Fees:** **5K Run/Walk**  
\$25.00 Pre-registration (postmarked by September 29, 2014)  
\$30.00 Registration after September 29, 2014  
Team Registration (Groups of **10** or more, \$20.00 each)  
(Entire group must be postmarked and delivered **in 1 envelope** by September 29, 2014)  
**Must have designated team leader** to pick up registrations and t-shirts on race day
- Squirt Spirt (Half-Mile Track Run)**  
\$10.00 Pre-registration (**only pre-registered runners are guaranteed a t-shirt**)  
\$10.00 Registration after September 29, 2014

**Online Registration:** <http://www.active.com/courtland-va/running/races/courtland-5k-run-walk-2014> (closes October 13, 2014, 11:59 pm EST)

**Only pre-registered runners/walkers are guaranteed a t-shirt.**

### Awards

**5K Run/Walk:**

All race participants will receive a finisher medal.  
Age Group 13 -19, Top 3 Males and Top 3 Females  
Age Group 20 -49, Top 3 Males and Top 3 Females  
Age Group 50-65, Top 3 Males and Top 3 Females  
Age Group 66-above

**Squirt Spirt:**

All children will receive a participation award. (Top Awards given for two age groups: 12 – 8 years old and 7 – 5 years old)

**(Must be present at Awards Ceremony to receive Award)**

### Door Prizes

*Sponsor donations will be given as door prizes during drawings at Awards Ceremony. All race participants and volunteers are eligible to win door prizes. You must be present to win.*

**Race Director:** Coach Willie Gillus, Jr. (757) 653- 2751

**Race Coordination:** Finish line results and race support will be provided by Southampton High School Athletic Department and Race Day Volunteers.

**Beneficiary:** All proceeds from this event will benefit Southampton High School Athletic Department, Courtland, Virginia.

*USATF Course Certification pending*

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*Registration Form*

Make Checks Payable to: Southampton High School (put **5K Run/Walk** in the Memo Line)

Mail Entries to: Mrs. Baxter  
Southampton High School  
23350 Southampton Parkway  
Courtland, VA 23837

*Enter Information on lines below:*

Name (Last, First):

\_\_\_\_\_

Address (Street, City, State, Zip):

\_\_\_\_\_

Email Address:

\_\_\_\_\_

Team Name/ Leader (if running as a team)

\_\_\_\_\_

\_\_\_\_\_

Phone number w/area code (if no email)

Age on race day

Sex (circle one)

M / F

\_\_\_\_\_

\_\_\_\_\_

Event: 5K Run/Walk  Squirt Spirt

5K Run/Walk T-Shirt Size: (adult unisex sizing only) XS S M L XL XXL

Squirt Spirt T-Shirt Size: (children unisex sizing only) S M L XL

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 race officials relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. This is a road race conducted under the rules of USATF and I understand the race is **not intended for** individuals with headphones, **baby joggers, baby strollers, dogs on leashes, skateboards, or skates** and I will abide by these guide lines. **NO DOGS.** 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 Southampton County Schools, the Town of Courtland, race officials, volunteers and all sponsors, their representative and successors from claims or liabilities or any kind arising out of my participation in this event. I grant permission to all the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian, if under 18 \_\_\_\_\_ Date \_\_\_\_\_