



Saturday, February 1, 2020

9:30 AM 1 Mile Fun Run/Walk ❄️ 10:00 AM 8K Run/Walk & 5K Run/Walk

Toano Middle School, 7817 Richmond Road, Toano, VA 23168, Exit 231A off I-64

A Colonial Road Runners Grand Prix Event!

Friday January 31, 2020

11am – 7pm Packet Pick up at Toano Middle School Lobby

Saturday February 1, 2020

8 am - Race Day Packet Pick up
9:30 am - 1 Mile Fun Run/Walk
10 am – 8K and 5K Run/Walk
Post-Race - Refreshments & Awards

REGISTRATION

- online at <https://runsignup.com>
- Mail registrations to: Toano Icy 8K, Attn: Peggy, Toano Middle School PTSA, 7817 Richmond Road, Toano VA 23168
- Race Day Registration 8:00 - 9:45am

Make checks payable to: **TMS PTSA.**

TSHIRT/SWEATSHIRT

T-Shirt guaranteed to all registrations received by January 24, 2020.

T-shirts/sweatshirts available for post-race pick up if ordering after 1/24/20.

*NOTE this is a TMS APPROVED student daily wear Sweatshirt

AWARDS

Finisher medals to all 5K/8K participants

8K Run and Walk: Medals top three overall men and women, medals for top three in age groups (from 19-under, through 70 - over), top three men and women in walk division.

5K: Medals top three overall men and women, and medals for top three men and women in age groups (from 14 - under, through 50 – over).

8K/5K Course: Starting and finishing at TMS, left on Richmond Road, left on Church Lane, turn around at Little Creek Rd

First Name: _____ Last Name: _____

Street Address: _____

City, State, Zip: _____

Home/Cell Phone: _____ Email: _____

Age on Race Day: _____ Gender: Male Female

- Please Circle:**
- 8K Run (\$30 until 01/15/20; \$40 after)
 - 8K Walk (\$30 until 01/15/20; \$40 after)
 - 5K Run/Walk (\$30 until 01/15/20; \$40 after)
 - 1 Mile Fun Run/Walk (\$15 until 01/15/20; \$20 after)

Circle T-Shirt Size: (unisex) included in registration fee. Guaranteed until 01/24/2020

Youth M	Youth L	Adult S	Adult M	Adult L
Adult XL	Adult 2XL			

Hoodies (unisex) available in NAVY BLUE for additional cost \$30/each

Youth M	Youth L	Adult S	Adult M	Adult L
Adult XL	Adult 2XL			

*Hoodie orders must be placed by 01/24/2020, Please indicate size above.

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 my entry, I, for myself and for anyone entitled to act on my behalf, waive and release Toano Middle School, WJCC Public Schools, James City County, TMS PTSA, 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 forgoing 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 participants, no baby joggers, baby strollers, headphones, animals on leashes, skateboards, or skates are permitted. This event will take place rain or shine – only icy, dangerous road conditions will cancel this event. **No rain date or refunds.**

Signature (all entrants must sign waiver, parent or guardian if runner/walker under age 18)

Date

Race Director: Peggy Shiamone ☐ (757) 869-5567 ☐ pshiamn1@gmail.com

Race Coordinator: Rick Platt ☐ (757) 345-1431 ☐ (757) 229-7375 rickplatt1@juno.com