

27TH Annual Queens Lake 5K Run
At New Quarter Park, Williamsburg, VA
Saturday, March 27, 2021
Benefiting the
Colonial Road Runners Scholarship Fund
In Memory of Michael Mann, Tom Ray & Joe Harney



Colonial Road Runners Grand Prix Event
 Hampton Roads Super Grand Prix Event
 USATF certified course (VA20004RT) on
 paved roads in Queens Lake neighborhood
 Race day registration and packet pickup
 7:30 AM - 8:45 AM
 1 Mile Fun Run starts at 8:30 AM
 5K Run/Walk starts at 9:00 AM
 Awards ceremony 10:45 AM



For more information: Contact Race Director Paul Pelletier (757) 253-0625. Email: ppletier4@gmail.com;
 Race Coordinator Rick Platt (757) 229-7375, cell phone (757) 345-1431. Email: rickplatt1@juno.com

Online registration available at <https://runsignup.com/Race/VA/Williamsburg/QueensLake5K>

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 Predicted Finish Time (Hours/Minutes/Seconds) H _____ M _____ S _____

T-Shirt Size: S M L XL T-Shirt Size: YM YL (Children's)

T-shirts and sizes are only guaranteed to entrants who register by March 19, 2021.

5K Run/Walk Registration: \$25 if postmarked by Friday, March 19, 2021; \$30 late and \$30 race day

1 Mile Fun Run Registration: Free or \$10 with t-shirt

I would like to make a donation to the CRR Scholarship Fund in the amount of \$ _____

**Make checks payable to "CRR Queens Lake Run" and mail to:
 Paul Pelletier, 4096 Thorngate Drive, Williamsburg, VA 23188**

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 York County, 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 _____

ALL ENTRANTS MUST SIGN WAIVER

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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.

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.

COVID-19 Precautions

All participants are required to follow current state guidelines to include wearing a mask before and after the race and maintaining social distancing of 6 feet. Please don't come to the event if you have a fever or a cough. We will be using a wave start consisting of no more than 25 participants with a 2-3 minute gap between each wave. In order to ensure we record your correct start and finish time it is important you stay in your assigned wave. The event will be restricted to a maximum of 250 participants. Please keep in mind these precautions are subject to change based on guidelines from state and local officials.

In Memory of Michael Mann, Tom Ray and Joe Harney

Three members of the Virginia Peninsula Road Racing Hall of Fame are no longer with us—Michael Mann (2006 inaugural inductee class), Tom Ray (2007 inductee class) and Joe Harney (2011 inductee class). Mann, who died in September 2007 at age 38 after a 2 ½-year battle with lung cancer, was a three-time winner of the Colonial Road Runners Grand Prix (2002-04). His PRs ranged from 15:18 (5K), 24:58 (8K) and 31:20 (10K) up to 1:09:16 for the half marathon and 2:28:28 at the 2004 Shamrock Marathon. Ray, who died in June, 2011 at age 78, still holds the all-time CRR record for men 65-69, a 20:02 at age 67 at the 2000 Vineyards 5K, and the Virginia state record for men 70-74 with a 1:13:55 at the 2003 Yorktown Battlefield 10 Miler. Harney, who died in July 2017 at age 79, was the Peninsula Track Club president from 2003 to 2017, and worked hundreds of PTC and CRR. The Colonial Road Runners Scholarship Fund is in memory of these three never-to-be-forgotten friends.

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 1 mile. Make a right turn onto Lakeshead Road and proceed straight for about 1¼ miles until you reach the park entrance.

Sponsored by

Run Fast Promotions - Rick Platt

