

9th Annual

Williams Wharf Landing Mathews, VA

Date: September 11, 2010

**Start Time: 5K - 8:00 a.m.
Jr. Mile - 9:00 a.m.
5K Course closes at 8:45 a.m.**

Pre-register by: September 7, 2010

Mathews Market Days 5K Run & Junior Mile

Entry Fees (ALL Races):

- \$12.00 Pre-registration (by 9/7/10)
- \$15.00 Race day registration

**Race Day Registration and Packet pickup:
7:00 a.m. at Williams Wharf Landing**

NO RAIN DATE; NO ENTRY FEE REFUNDS

The races begin and end at Williams Wharf Landing (end of Rt. 614). It is a flat out-and-back course on rural roads with little traffic. There are 2 water stations, which are passed several times along the route.

**For more information and applications, visit us online at: www.mathewslandconservancy.com
Or contact: Lynda Smith Greve at: 804-725-9685 or mclc@3bubbas.com**

PRIZES

Age Groups

5K
9 and under
10-13; 14-17; 18-29;
30-39; 40-49; 50-59;
60+

Junior Mile

3 and under
4-6; 7-9; 10-12

*5K open to all ages
Jr. Mile open to ages
12 and under*

- Trophies will be presented to the top three overall finishers, male and female.
- Race medals will be presented to top three age group finishers, male and female.
- Ribbons will be presented to all runners while supplies last.
- T-shirts guaranteed to all pre-registered runners; to others while supplies last.
- Drawings for free prizes - must be present to win.

Williams Wharf Landing is located at:
1039 Williams Wharf Road
Mathews, VA 23109
From the parking area, there is a short walk to the start line at the end of Rt. 614. Shuttle is provided.

All proceeds benefit the Mathews Land Conservancy, a 501(c)3 non-profit organization

RACE #3 IN THE 2010 WILLIAMS WHARF LANDING RACE SERIES!

Mail form and entry fee to:

Mathews Land Conservancy
P. O. Box 306
Mathews, VA 23109

804-725-9685
804-725-1225 fax
mclc@3bubbas.com

Waiver: 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 decisions of a race official 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 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 the County of Mathews, Mathews Land Conservancy, 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 picture recordings, or any other record of this event for an legitimate purpose. In consideration of the safety of all participants, no baby joggers, baby strollers, headphones, animals on leashes, skateboards, or skates.

5K Jr. Mile

Signature _____

Date _____

Signature of parent or guardian if under 18 years of age. _____

Date _____

Name _____

Address _____

Phone _____

Gender _____ Age on race day _____

T-shirt Size: S M L XL
Youth T Size: S M L XL

Email Address _____