28 years & still running strong!

AMNESTY INTERNATIONAL/CTC

Valentine Couples Race

8:00 am, Saturday, February 11, 2012

Register here OR online at
www.charlottesvilletrackclub.org/couples5k.html

Charlottesville Track Club

This 5-kilometer course will begin and end at the pro shop of the Old Trail golf course (see over for map). Race numbers and day-of-race entries will be available at the pro shop on the morning of the race. Enter the race with a partner or have us find one for you if you prefer. You do not have to run with your partner, but your times will be added together to determine winners in each of six race categories (see race entry form, below).

- Entry fees (each runner): CTC members- $18.00 Non-CTC runners- $20.00 All entries on the day of the race- $25.00
- All entrants will receive a special 100% cotton long-sleeve T-shirt. To receive your T-shirt at the race, registration must be received by **5:00 pm, Friday, February 3, 2012**.
- All inquiries about the race and registration should be directed to cvilleai@amnestycharlottesville.org. Changes to team partnerships will not be allowed after 6:00 pm on February 10, 2012.
- Race postponement due to severe weather will be posted at web site amnestycharlottesville.org. Race and location maps are also posted there.
- Make checks out to "**Amnesty International**." Mail with your completed entry to: **Al Couples Race, P.O. Box 981, Charlottesville, VA 22902**

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Al Valentine Couples' Race ENTRY FORM

Partner 1: (Last) (MI) (First)

Name: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐ ☐ ☐☐☐☐☐☐☐☐☐☐☐☐

Address: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Phone: (☐☐☐) ☐☐☐-☐☐☐☐ Cell Phone: (☐☐☐) ☐☐☐-☐☐☐☐

Email: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

T-shirt size (check one): ☐ XL ☐ L ☐ M ☐ S

Track Club Membership: ☐ CTC member ☐ Nonmember Age: ☐☐ yrs. Gender: ☐

Partner 2: (Last) (MI) (First)

Name: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐ ☐ ☐☐☐☐☐☐☐☐☐☐☐☐

Address: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Phone: (☐☐☐) ☐☐☐-☐☐☐☐ Cell Phone: (☐☐☐) ☐☐☐-☐☐☐☐

Email: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

T-shirt size (check one): ☐ XL ☐ L ☐ M ☐ S

Track Club Membership: ☐ CTC member ☐ Nonmember Age: ☐☐ yrs. Gender: ☐

Race Category (check one)

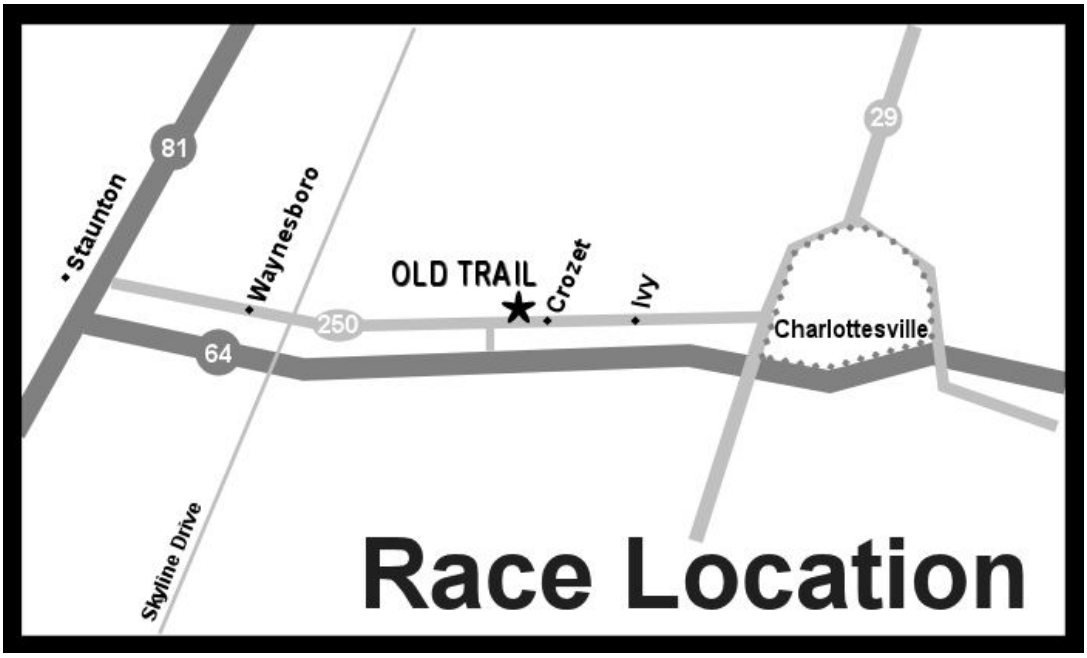
- ☐ Male-Male
- ☐ Female-Female
- ☐ Male-Female
- ☐ Husband – Wife
- ☐ Parent – Child
- ☐ Siblings

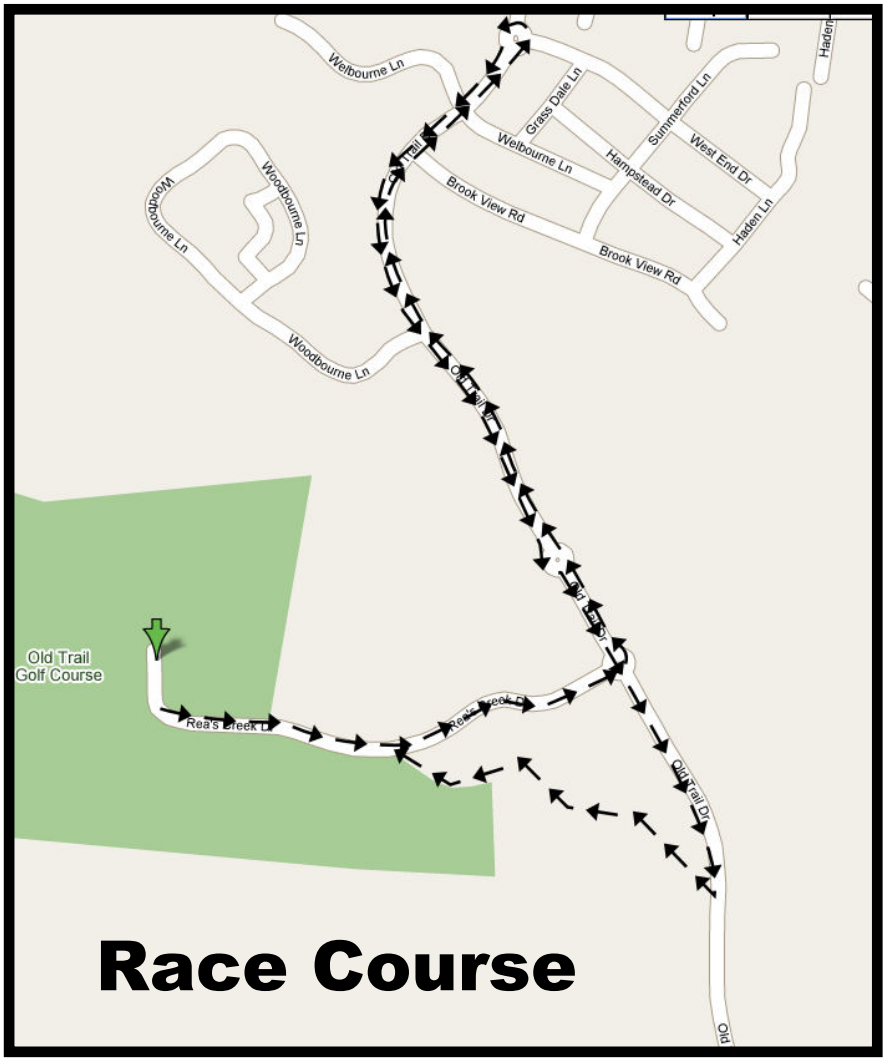
Waiver: Must be signed by both partners (parent or guardian if under 18). No baby joggers, strollers or pets allowed on the course.

Running a road race is a potentially hazardous activity. Runners should not enter and run unless they are medically able and properly trained. I agree to abide by any decision of a race official concerning 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 the weather (including cold and precipitation), traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these fact and in consideration of your having accepted my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Charlottesville Track Club, Amnesty International, The Old Trail, the County of Albemarle and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. This is a road race conducted under the rules of the USATF. Absolutely no baby joggers, strollers, headphones, animals on leash, skateboards, skates, roller blades or bicycles will be allowed on the course. Participants agree to be bound by the rules established by the Charlottesville Track Club and the organizers of the race. I understand that if the race is postponed or cancelled by circumstances beyond the control of the race organizers, my entry fee will not be refunded.

Signature, Partner 1: _____ Date: _____

Signature, Partner 2: _____ Date: _____


Staunton
81
Waynesboro
OLD TRAIL
Crozet
Ivy
250
64
29
Charlottesville
Skyline Drive
Race Location


Welbourne Ln
Grass Dale Ln
Summerford Ln
West End Dr
Hampstead Dr
Brook View Rd
Haden Ln
Woodbourne Ln
Old Trail Golf Course
Rea's Creek Dr
Old Trail Dr
Race Course