

# GUINEA JUBILEE

## 5K RUN AND 1 MILE RUN/WALK EVENTS

Saturday, September 24, 2011

### Crab Walk & Crab Run

- One (1) mile. NOTE: These are two separate events . participants in the Crab Walk will not be allowed to run any portion of the course.
- Starting time **8:30am**
- Begins in front of Bena Post Office. Follows Route 643 for ½ mile. Turns around and follows Route 643 ½ mile back to finish at C.B. %Buck+Rowe & Sons Store.

### Shad Run

- 5k (3.1 miles)
- Starting time **9:00am**
- Begins in front of Bena Post Office. Follows Route 643 to York Rest Lane. Returns to finish at C.B. %Buck+Rowe & Sons Store.

### Age Groups

- 10 & under
- 11-15
- 16-22
- 23-29
- 29-35
- 36-42
- 43-49
- 50-56
- 57-63
- 63 & over

### Registration

Pre-registration is \$15. Anyone registering by September 17, 2011 will be guaranteed a 2007 Run/Walk T-shirt. After September 17, T-shirts will be allocated on a first come/first served basis. **Checks should be made payable to "Guinea Jubilee" and mailed to Jim Baughman, 3675 Buckeye Ln Hayes, VA 23072.**

Registration on race day is \$20. Registration begins at 7:30am.

### Parking

Grass lot behind the Abingdon Ruritan Club building.

### Questions?

Call Jim Baughman at (804) 642-3007. Email: [jbaughman6@cox.net](mailto:jbaughman6@cox.net)

---

### CRAB WALK/RUN & SHAD RUN REGISTRATION – RETURN THIS PORTION WITH YOUR CHECK

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

T-Shirt Size?  Medium  Large  X-Large Sex?  Male  Female

Race?  5k Shad Run  1 Mile Crab Run  1 Mile Crab Walk

Signature of Participant \_\_\_\_\_

*(Parent or Guardian if under 18)*

PARTICIPATION IN THIS EVENT IS VOLUNTARY. THE GUINEA HERITAGE ASSOCIATION ACCEPTS NO RESPONSIBILITY FOR ANY INJURIES THAT MAY OCCUR AS A RESULT OF PARTICIPATION IN THIS EVENT.