



www.Icelandic8Krun.com

An evening run/walk for all levels that will include an incredible seafood dinner provided by Bonefish Grill of Newport News. Michelob Ultra and Red Hook beer on tap will be provided by M. Price Distributing Co. Door prizes, raffle, awards and family entertainment will be sure to make the Icelandic® Seafood Fest 8K Run a must for you, your family, and friends.



340 Oyster Point Road
Newport News, VA

SCHEDULE

DATE: Saturday, June 19, 2010

WHERE: 190 Enterprise Drive, Newport News, VA 23603 in the Oakland Industrial Park off Warwick Boulevard and adjacent to Fort Eustis (see reverse for map & directions)
A Colonial Road Runners Grand Prix Event

SCHEDULE:

- 5:00 pm - Festival starts, registration/race packet/T-shirt pickup starts
- 6:30 pm - 1 Mile Fun Run/Walk
- 7:00 pm - 8K Run/Walk start
- 7:30 pm - Bonefish Grill seafood dinner begins service
- 8:00 pm - Door prizes
- 8:30 pm - Awards ceremony and raffle drawing

RUNNER/WALKER FEES (Meal & T-shirt included)

- \$25 for 8K pre-registration postmarked by Friday, June 11
- \$30 for 8K after Friday, June 11, and race day
- \$20 for 1 Mile Fun Run/Walk for ages 10 and older pre-registration postmarked by Friday, June 11
- \$25 for 1 Mile Fun Run/Walk for ages 10 and older after Friday, June 11, and race day
- Free for 1 Mile Fun Run for ages 9 and under (T-shirt & meal NOT included)

MEAL FEES FOR NON-RUNNERS/WALKERS

- \$15 - Ages 10 and older
- \$5 - Ages 9 and under

T-SHIRT FEES FOR NON-RUNNERS/WALKERS

\$5 per person regardless of age

AWARDS

- Top three finishers, men and women, in both 8K Run and Walk
- Top three men and women in five year age groups from ages 14 and under through ages 65 and over in the 8K run
- Ribbons to all finishers in 1 Mile Fun Run/Walk

SEAFOOD DINNER FEAST!

Bonefish Grill of Newport News will serve participants (post race) an incredible seafood dinner that will include their famous Bang Bang Shrimp, Caesar salad, Icelandic haddock (garlic crumb dusted, grilled and topped with a lemon basil butter sauce) with jasmine rice and roll. For dessert, a delicious gluten-free brownie topped with nuts. Yum!

RAFFLE: Enter for a chance to win a trip to Iceland for two!

FINISH LINE RESULTS AND RACE SUPPORT PROVIDED BY:

RACE DIRECTOR:

Mike Thome 757-820-4042 or mthome@icelandic.com

RACE COORDINATOR:

Rick Platt 757-229-7375 or rickplatt1@juno.com



SPONSORS

SPONSORSHIP OPPORTUNITIES: Lisa Taylor 757-820-3535 or ltaylor@icelandic.com



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PROCEEDS



All race proceeds will benefit the American Heart Association, ALS (amyotrophic lateral sclerosis) Association and Shelby M. Blevins Educational Trust (daughter of Susan Smith Blevins).

In loving memory of Susan Smith Blevins and Dr. Carl D. Decker, longtime associates of Icelandic®



This workplace has been recognized by the American Heart Association for meeting criteria for employee fitness.

REGISTRATION – Online Registration at www.Icelandic8Krun.com

Please make checks payable to Icelandic® USA

Mail this form and check to: Icelandic® USA – Attention 8K Run, 190 Enterprise Drive, Newport News, VA 23603

NAME _____ M ___ F ___ BIRTH DATE ___ / ___ / ___ AGE ON RACE DAY _____

ADDRESS _____ CITY _____ STATE _____ ZIP CODE _____

PHONE _____ EMAIL _____

EVENT (CIRCLE ONE): 8K Run 8K Walk 1 Mile Fun Run/Walk 1 Mile Fun Run/Walk for ages 9 and under

Note: Meal & T-shirt NOT included for Fun Run 9 & under. You must order separately.

NON-RUNNERS/WALKERS (CIRCLE): Meal Meal ages 9 and under T-shirt

Individuals or additional family members that are NOT running in either the Fun Run or 8K Run must complete a registration form in order to participate in the seafood dinner.

If you are unable to attend the race but would still like to make a donation please include your amount here \$ _____ and complete the registration form and mail in your donation.

T-SHIRT SIZE: Youth S M L XL Adult S M L XL XXL (shirts or size NOT guaranteed for race day registrants)

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 decision 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 Icelandic® Seafood, Colonial Road Runners, the City of Newport News, the Economic Development Authority of the City of Newport News, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. No baby joggers, baby strollers, animals on leashes, skateboards, or skates allowed during the 8K race.

Signature _____ Date _____

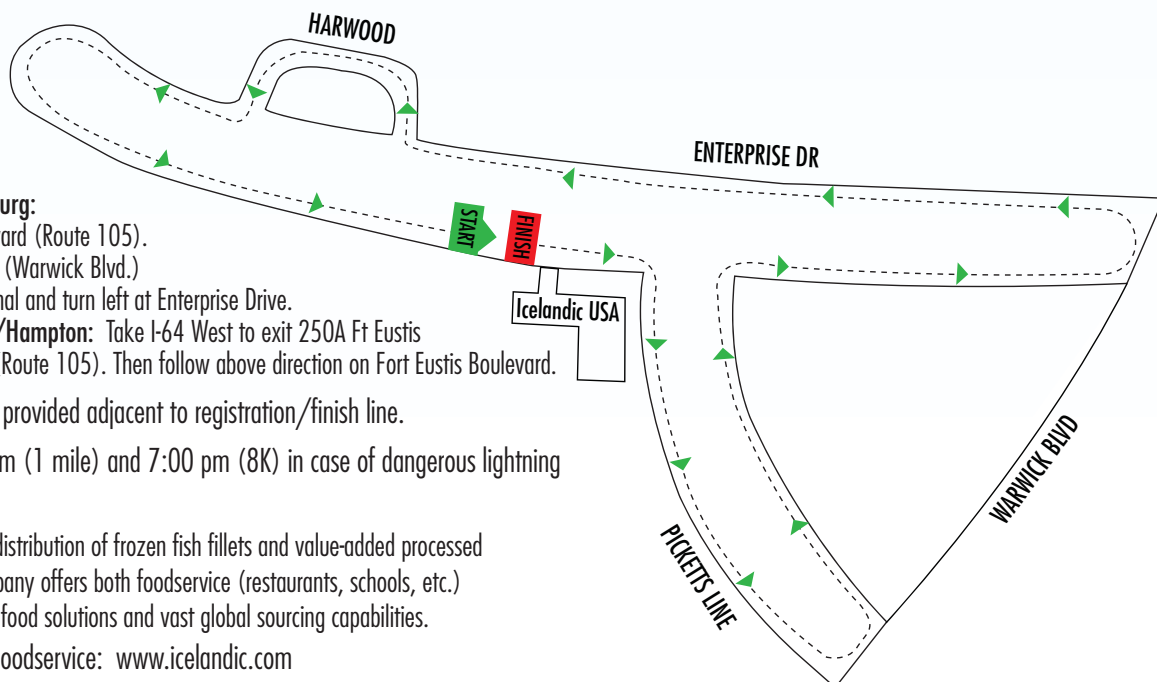
Parent's signature if under 18 years _____ Date _____

LOCATION

OAKLAND INDUSTRIAL PARK

Oakland Industrial Park located in Newport News, VA (adjacent to Ft. Eustis) and just six miles east of Busch Gardens is an upscale office park that contains some of the Peninsula's top companies such as Canon, Northrop Grumman, and Icelandic in a park-like setting (lush lawns and many trees). The Skiffes Creek Historical Park is also located inside Oakland Industrial Park, a quarter mile from race headquarters.

COURSE INFORMATION: The course, on wide four lane roads, is fast and completely flat. A USATF Certified Course.



DIRECTIONS: From Richmond/Williamsburg:

Take I-64 East to exit 250A Ft. Eustis Boulevard (Route 105).

Then take your very first exit Route 60 West (Warwick Blvd.)

Proceed about ½ mile to your first traffic signal and turn left at Enterprise Drive.

Follow to 190 Enterprise Dr. **From Norfolk/Hampton:** Take I-64 West to exit 250A Ft Eustis Boulevard, merge on to Ft. Eustis Boulevard (Route 105). Then follow above direction on Fort Eustis Boulevard.

PARKING: Plenty of free parking will be provided adjacent to registration/finish line.

RAIN DATE: Sunday, June 20 at 6:30 pm (1 mile) and 7:00 pm (8K) in case of dangerous lightning

ABOUT ICELANDIC® SEAFOOD

Icelandic® specializes in the production and distribution of frozen fish fillets and value-added processed seafood products in North America. The company offers both foodservice (restaurants, schools, etc.) and retail/club store channels innovative seafood solutions and vast global sourcing capabilities.

Retail: www.icelandicseafood.com Foodservice: www.icelandic.com