

1st Annual Run the D.O.G.^{st.}

Colonial Williamsburg's Duke of Gloucester Street Challenge
"most historic avenue in all America." ~Franklin D. Roosevelt

April 17, 2010

A 5K Race & 1 Mile Fun Run hosted by:

Colonial Sports


Registration:

Entries postmarked before **April 8th, 2010** will be considered early registration and will receive the discounted price and guaranteed requested shirt size. All registrations after this date will get shirts while supplies last.

Cost to Register :

Racers 12 & Over running the 5K = \$25 or *Race Day* = \$35
Racers under 12 running the 5K = \$20 or *Race Day* = \$30
1 Mile Fun Run with a shirt = \$15 or *Race day* = \$20
1 mile Fun Run without a shirt is FREE

Awards:

for Avalon of Williamsburg

~CASH & Merchandise awards for the top three overall Men individuals & Women individuals for the 5K.
~Certificates for Men & Women age-bracket winners.

~**CASH PRIZES** for top 3 Male & Female Teams
TEAMS WILL CONSIST OF A MINIMUM OF FOUR SCORING MEMBERS
NO COED TEAMS THIS YEAR, SORRY. EMAIL COED INTEREST FOR NEXT YEAR!!!
*****10 Teams must register in each sex category.*****

~Door Prizes randomly drawn from race numbers.

More information: events.colonialhcd.com

Or Contact:

Race Director Jim Elder (757) 253-0277
Jim@colonialsportscustom.com

Race Coordinator - Ryan Murphy
run2support@colonialhcd.com

Registration and Packet Pickup 6:30-7:30 a.m. at Colonial Sports
1 Mile Fun Run/Walk-7:30 a.m. 5K Run/Walk-8:00 a.m.

Please make checks payable to: **Avalon**
and mail with form to:

Colonial Sports, Inc.
513 Prince George St.
Williamsburg, Va 23185

A Healthy Heart and Healthy Minds Event for Healthy Communities

CUT BELOW CHECKERBOARD

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First Name: _____ Last Name: _____ Age on Race Day: _____

Street Address: _____ City, State, & Zip Code: _____

Phone: _____ Email: _____ (this is not shared)

Race Entered: 5K Run 5K Walk 1 Mile Fun Run/Walk

Gender: Male Female T-shirt size: S M L XL Tag No. _____

I am unable to participate in the race, but here is my donation of _____

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 Colonial Sports, Avalon, Colonial Williamsburg, the Colonial Road Runners, 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 forgoing 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, animals on leashes, skateboards, or skates allowed during the 5K RACE though they will be allowed in the 1 Mile Fun and 5k Walk Event only.

Signature (Parent or guardian if under 18) _____ Date _____

ALL ENTRANTS MUST SIGN WAIVER