

Jamestown High School Swamp Run 5K

5K Run/Walk, 1 Mile Fun Run, & Quarter Mile Fun Run

Saturday, March 13, 2010

Jamestown High School, Williamsburg, Virginia

To benefit the Jamestown High School Athletic Booster Club

A Colonial Road Runners Grand Prix Event

All events open to men and women of all ages

Time: 8:00 a.m. – Race day registration and packet pick-up at Jamestown High School

9:00 a.m. – One mile fun run/walk

9:30 a.m. – 5K run/walk

10:30 a.m. – Quarter mile run/walk on the track

10:45 a.m. – Awards ceremony in the high school

Location: Jamestown High School, 3751 John Tyler Highway (Route 5), Williamsburg, VA

Course: Mostly flat and scenic, a 5K loop course run on the mulch surface Greensprings Trail, with some sections on gravel or asphalt or wooden bridge.

Information: Race Directors: Jim Winthrop (757-564-7052) & Barbara Buehrle (221-0124)
Race Coordinator Rick Platt (757-229-7375). A Colonial Road Runners Grand Prix Event.

Registration: Entries postmarked by March 7, 2010 will be \$15 per adult for the 5K. For students (18 and under) the 5K pre-registration will be \$10. Late and race day registration for all entrants will be \$20 per person. There is no fee for the one mile and quarter mile fun run (\$10 with T-shirt). T-shirts guaranteed to the first 200 entrants.

Make checks payable to: JHS Athletic Booster Club

And address envelope this way: Barbara Buehrle, 103 Fernwood Road, Williamsburg VA 23185

PLEASE PRINT

REGISTRATION FORM

Name _____ M ___ F ___ Age (on race day) _____

Address _____

City/State/ZipCode _____

Telephone Number _____ E-Mail address _____

Circle T-Shirt Size: S M L XL

Circle Race Entered: 5K RUN 5K WALK 1 MILE Quarter Mile

I know that running/walking a road race is a potentially hazardous activity. I should not enter a 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/walk. 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 heat and humidity, traffic and conditions of the trail, all such risks being known and appreciated by me. Having read this waiver, knowing these facts and in consideration of your accepting my entry, I, myself, and anyone entitled to act on my behalf, waive and release the Colonial Road Runners, James City County, the Jamestown High School Athletic Boosters, W-JCC public schools, 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 RRCA and USATF. In consideration of the safety of all participants, please, no baby joggers, headphones, animals on leashes, skateboards or skates.

Signature _____ Date _____

All entrants must sign Waiver (Parent or Guardian Signature required if under 18)



Participant Race Package: The first 200 entrants will receive a short sleeve T-shirt. Race day entrants will receive T-shirts while supply lasts.

Awards:

- Top three overall female and male runners in the 5K
- Top three females and males in five year age groups from 14-and-under through 65-and-over for women and men
- Top three male and female walkers in the 5K

Refreshments: Post-race refreshments include: bagels or soft pretzels, fruit, soda and water.

Directions: From I-64, take exit 242-A (toward Jamestown) on route 199 West. At the fifth traffic light (approximately 5 miles) turn left onto John Tyler Highway (route 5). At the third traffic light (approximately 3.5 miles) turn left onto Eagle Way and Jamestown High School will be on the right. Drive to back parking lot.

About the Jamestown High School Athletic Booster Club: The Booster Club is a non-profit, parent run group that promotes and provides financial support to all sports at Jamestown High School. The club also promotes and encourages healthy living and high standards of behavior among Eagle athletes. Other fundraisers include club membership and a golf tournament. If you are interested in becoming a member of the Jamestown Athletic Booster Club or in supporting its goals, please contact one of the race directors.



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