

**4<sup>th</sup> Annual**  
**Walsingham 5K**  
**5K Run/Walk & 1 Mile Fun Run/Walk**



**Saturday, April 21, 2012**

A Colonial Road Runners Grand Prix Event  
 Walsingham Academy, Williamsburg, Virginia

**Time:** **7:30 am -** Race Day Registration on Walsingham Academy track  
**8:30 am -** 1 Mile Fun Run/Walk—children receive toy medals  
**9:00 am -** 5K Run/Walk  
**10:15 am -** Awards Ceremony at Walsingham Academy

**Location:** Walsingham Academy, 1100 Jamestown Road, Williamsburg, Virginia 23185

**Course:** Flat to rolling-hills loop course through beautiful Holly Hills and Yorkshire neighborhoods, starting and finishing at Walsingham Academy.

**Information:** **Race Directors-** Sean Pieri, (757) 784-6678, seanpieri@aol.com  
 Courtney Fout, (757) 259-1408, cfout@walsingham.org

**Race Coordinator -** Rick Platt (757) 229-7375, rickplatt1@juno.com

**Awards:** Top 3 men and women overall, top 3 men and women 5K Walk, top 3 men and women in five-year age groups from 14-under through 65-over.

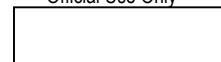
**Registration:** Entries postmarked by Saturday, April 7, 2012 are \$25 per adult and \$15 for students (18 and under) for the 5K. Registration fee includes t-shirt and post-race breakfast. Late and race day registration for all entrants is \$30 per person. There is a \$10 fee for the 1 Mile Fun Run (t-shirt available for additional \$5). T-shirts guaranteed to the first 175 entrants for 5K.

Online registration: [www.walsingham.org/5K](http://www.walsingham.org/5K)



**Please make checks payable to: Walsingham Academy 5K Run**  
**Mail to: Walsingham Academy 5K Run, PO Box 8702, Williamsburg, VA 23187**

Official Use Only



Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Telephone Number \_\_\_\_\_ Email Address \_\_\_\_\_

Circle T-Shirt Size: S M L XL Circle Race Entered: 5K RUN 5K WALK 1 Mile Fun Run/Walk

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, Walsingham Academy, City of Williamsburg, race officials, 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 participant is under 18 years of age.*