



# 9th Annual Warhill 5K Run/Walk

## Saturday, June 16th, 2012

A Colonial Road Runners Grand Prix Event  
To benefit Virginia Legacy Soccer Club Scholarship



**Time:**

7:00 am Race day registration & packet pick-up starts

7:30 am 1-mile fun run starts

8:00 am 5K run/walk starts

9:15 am Awards ceremony

Registration (entry and t-shirt):

\$20 Pre-registered (postmarked by May 25,2012)

\$15 Students (18 and under, pre-registered)

\$25 Race day (all entrants)

Free 1-mile fun run (complementary shirt for kids)

Early pick-up and late registration at Virginia Legacy Office June 14,2012

**Location:**

Warhill Sports Complex (see back for directions)

Start at soccer field nearest Williamsburg Indoor Sports Complex (WISC)

**Parking:**

Parking in lot for WISC

**Course:**

Loop course on soccer field, service road, asphalt bike path, park entrance road, and nature trail

**Awards (Men and Women):**

Top 3 overall in run, top 3 overall in walk, and top 3 in these groups: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over

Door prizes by random drawing of all entrants. Post-race refreshments for all entrants.

**Contact:**

Race Director: Frances Ford (757) 871-8813 or [francesford@ymail.com](mailto:francesford@ymail.com)

Race Coordinator: Rick Platt (757) 229-7375 or [rickplatt1@juno.com](mailto:rickplatt1@juno.com)

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### Registration Form

Please make checks payable to "VLSC" and include "Scholarship 5K Run/Walk" in Memo line

Mail this form and check to: Tracy Trueblood, VLSC Administration, VLSC, 1117 Old Colony Lane, Williamsburg, VA 23185

PLEASE PRINT

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

Address \_\_\_\_\_

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

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Check Race Entry:  5K run  5K walk  1-mile fun run Check T-Shirt Size  S  M  L  XL  
Fun Run Shirt Size (kids only)  S  M  L

**WAIVER:**

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. 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 and humidity, traffic, and the conditions of the road, 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, for myself and for anyone entitled to act on my behalf, waive and release the Colonial Road Runners, Warhill Sports Complex, Williamsburg Indoor Sports Complex, James City County Parks & Recreation, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose. In consideration of the safety of all event participants, no baby joggers, baby strollers, headphones, animals on leashes, skateboards, or skates are permitted in the race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*All entrants must sign waiver (parent's signature required if entrant under 18)*

## DIRECTIONS

Warhill Sports Complex/Williamsburg Indoor Sports Complex

5700 Warhill Trail, Williamsburg, VA 23188

VLSC Phone: (757) 253-8572

### **DIRECTIONS FROM RICHMOND**

1. Take I-64 East toward Williamsburg/Hampton/Norfolk
2. Take VA646 exit, exit number 234 towards VA 199/Lightfoot
3. Merge right onto VA-199
4. Go straight for approximately 3 miles to the Longhill Road exit
5. Turn right off of the exit and go straight through the Olde Towne Road stop light (7-11 on right), then continue on for 1 mile
6. After you pass Lafayette High School on your right, take the very next road on your right onto Warhill Trail (there will be a sign that says District Park Sports Complex). Go all the way to end of park (1 mile), and WISC will be on your right. You can't miss it!

### **DIRECTIONS FROM NEWPORT NEWS/HAMPTON/VIRGINIA BEACH**

1. Take I-64 West towards Williamsburg
2. Take exit 242A Williamsburg/Busch Gardens/Jamestown
3. Merge onto 199W
4. After your fifth stop light, drive about 2 miles and then take the Longhill Road Exit
5. Take a left at the exit light onto Longhill Road
6. Go straight through the Olde Towne Road stop light (7-11 on right), then continue on for 1 mile
7. After you pass Lafayette High School on your right, take the very next road on your right onto Warhill Trail (there will be a sign that says District Park Sports Complex). Go all the way to end of park (1 mile), and WISC will be on your right. You can't miss it!

## **ABOUT THE VLSC SCHOLARSHIP**

The mission of the Virginia Legacy Soccer Club is to provide superior, fun, dynamic and inspiring soccer experiences for youth inclusive of individuals from diverse backgrounds and regardless of financial means. By providing the highest quality developmental, recreational, educational, and competitive soccer programs that promote players' physical, social, and emotional growth.

The Virginia Legacy Soccer Club, formed in 2006 from the previous Williamsburg Soccer Club and Colonial Football Club, is the place to be for soccer in the greater Peninsula area.

The VLSC is a 501-C3 non-profit organization based out of Williamsburg, Virginia. Legacy Soccer offers some of the top facilities in southeastern Virginia including the Warhill Sports Complex which is home to 8 Bermuda grass fields, 6 lighted Field Turf Fields for training and a 3,000 seat stadium. The Virginia Legacy, a USL Premier Development Team, is at the top of the Legacy Soccer tier which continues down into the youth travel club (550 players) and all the way down to the bottom of the tier where the Legacy's Futures Academy programs are home to over 350 kids ages 7-10 over the course of a year. The travel club offers a variety of playing level options, cost packages, and opportunities. Legacy Soccer aims to pioneer, develop, and continuously be on the cutting edge of youth soccer in the area and country.