

If it is not possible to register on-line, please complete the (mail-in registration form) below

Please make check payable to: Colonial Sports

Mail this form and check to: Colonial Sports, Inc., 1303 Jamestown Rd., Suite 111, Williamsburg, VA 23185

Please Print (1 form per runner)

Name: _____ M ____ F ____ Age on race day _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ Email: _____

Circle Race Entry: 5K Run 5K Run/Walk 5K Competitive Walk 1 Mile Fun Run T-Shirt ONLY

Circle T-shirt Size: Youth Small Med Large
 Adult Small Med Large X-Large XX-Large

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 on 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, SHIP (School Health Initiative Program, funded by the Williamsburg Health Foundation), Williamsburg-James City county School System, Colonial Sports, race officials, 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, head phones, animals on leashes, skateboards or skates.

- No refunds or exchanges
- Due to the possibility of dangerous, icy road conditions this event could be canceled by the race director or Sentara Hospital.
- All photos from this event may be used for promotion of the SHIP program and the Sentara Sleighbell 5K through various social media outlets including the WJCC website, Facebook, UTUBE and Channel 47 and 48.

Signature _____ Date _____

Parent's Signature if under 18 years _____ Date _____



Bells provided for running shoes to all entrants! Fabulous door prizes and post race refreshments for all entrants!

WILLIAMSBURG
Health
FOUNDATION

 S E N T A R A

Colonial
Sports
SCREEN PRINTING & SHIRTWORK: 757.253.1433
CAR ANALYSIS, ATHLETIC SHOES & GEAR: 757.253.9277

11th Annual Sentara Sleighbell 5K



Saturday, December 14th 2019

Colonial Road
Runners FINAL
Grand Prix Event for
2019

Geddy Outpatient Center, Sentara Hospital
400 Sentara Circle, Williamsburg VA 23188

Proceeds from the Sleighbell 5K will benefit area youth in after-school activities provided by the WJCC School Health Initiative Program (SHIP) This event raises funds that get students out and MOVING!

Register online @ <http://www.runsignup.com> type in the search engine Sentara Sleighbell and scroll down until you see the title



- \$30.00- Pre-Register Online or Mail by Monday, November 24th 11:59pm
- \$25.00- Pre-registered students 18-and-under or college students with college I.D.
- \$35.00- Registration November 25th- December 13th
- \$40.00- Race day (all entrants) race day registrants not guaranteed a T-Shirt
- \$15.00- 1 mile fun run
- \$10.00 - T-shirt only (must purchase online or mail-in a registration for T-Shirt only order)
- FREE- 70 & Over Age Group- FREE REGISTRATION! (must still register)

Early packet pick-up Friday Dec. 13th at Colonial Sports, 1303 Jamestown Road 12:00 noon – 6:00 pm

8:00 am: Race day registration & packet pick-up
9:30 am: 1 Mile Fun Run/Walk
10:00 am: 5K Run/Walk
11:30 am: Awards ceremony



Awards:

Top 3 Men and Women overall in the 5K Run
Top 3 Men and Women overall in the 5K Competitive Walk
Top 3 Men and Women Masters (40 Years and over) in the 5K Run
Top 3 Men and Women in the 5K Run for the age Groups 8 and under, 9-10, 11-12, 13-15, 16-19 then 5 yr age groups 20-24 through 75 and over

Special prizes for the "Middle of the Pack" Male and Female

Race Director: Jim Elder email jim@colonialsportscustom.com 757-253-0277

Race Coordinator: Rick Platt email rickplatt1@juno.com 757- 345-1431