



19th Annual Jamestown High School Swamp Run 5K



Saturday, March 7th, 2020 Jamestown High School, Williamsburg, VA
A Colonial Road Runners Grand Prix Event

The Swamp Run is a fundraiser for the JHS Athletic Booster Club

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

REGISTRATION: \$30 (\$25 18/under) due by Friday 2/28 to guarantee T-shirt
No fee for the One Mile Fun Run (\$15 with T-shirt)
► **Online registration:** www.runsignup.com/jhs
Make checks payable to: JHS Athletic Booster Club
Mail to: Michaelle Gaul, 3440 Fiddlers Ridge, Pkwy, Williamsburg, VA 23185

5K AWARDS: Top three overall Female & Male finishers
Top three females and males in 5 year age groups from 14/under through 70/over
Top three female and male walkers.
All Fun Run Participants receive Participant Ribbons

ADDITIONAL RACE DETAILS ON THE BACK

Race Directors: Michaelle & John Gaul 757-869-7530 jhsabcinfo@gmail.com
Race Coordinator: Rick Platt 757-345-1431 rickplatt1@juno.com

2020 SWAMP RUN REGISTRATION

First name: _____ Last name: _____

Age on race day: _____ Gender: ☐ Male ☐ Female

Email: _____ Phone: _____

Street address: _____

City: _____ State: _____ Zip: _____

Choose a race to enter:

☐ 5K Run ☐ 5K Walk ☐ Fun Run/Walk

T-shirt size:

☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL(+5\$)

WAIVER & SIGNATURE ON BACK MUST BE COMPLETED

19th Annual Jamestown High School Swamp Run 5K

COURSE:

Flat and scenic 5K loop course on the Greensprings Trail
Sections on grass, asphalt and wooden bridges
Race timed by Colonial Road Runners
Starts & finishes at Jamestown High School
T-Shirts guaranteed to all 5K entrants registered by 2/28/2020

RACE TIME:

Friday, 3/6 6-7 p.m. Packet pick-up at Jamestown High School
Saturday 3/7 8:00 a.m. Race day late registration/packet pick-up at JHS
9:00 a.m. One-mile fun run/walk
9:30 a.m. 5K run/walk
10:45 a.m. Awards ceremony in the high school

About the Jamestown High School Athletic Booster Club:

The Jamestown High School Athletic Booster Club is run by parent volunteers to promote a spirit of involvement, communication, and cooperation amongst the administration, coaches and parents. The Athletic Booster Club accomplishes this goal by raising funds for the school's athletic programs and assist the Athletic Director in giving your student-athlete the most positive experience possible in high school athletics. Other fundraisers include club membership, sports physicals, and discounted game passes. If you are interested in becoming a member of the Jamestown Athletic Booster Club or in supporting its goals, please contact the jhsabcinfo@gmail.com.

The 2019-2020 membership form can be found at <https://jamestownhs.schoolteams.com/>.
Membership and discounted game pass available online at <https://jhsabc.square.site>.

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/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, WJCC 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.

No rain date or refunds.

☐ By checking this box, I agree to the waiver above

Signature (parent/guardian if under 18): _____ Date: MM / DD / YYYY