



# *Seventh Annual Democracy Dash*

## *10K Run at Jamestown Island*

### *Saturday, September 27, 2025*

#### *Jamestown, VA*

*A Colonial Road Runners Grand Prix Event*

*A Hampton Roads Super Grand Prix Event*

## **START TIME**

**7:30 a.m.**

## **REGISTRATION**

- Online: [RunSignUp.com](http://RunSignUp.com)
- By mail:  
Democracy Dash 2025  
attn: Michael Lavin,  
1365 Colonial Parkway,  
Williamsburg, VA 23185
- Race day registration:  
6:15 a.m.- 7:00 a.m.

## **T-SHIRTS**

Guaranteed to all  
pre-registrants; race day  
and sizes as supplies last

## **AWARDS**

- Top 3 overall male & female
- Top 3 male & female in 5- year age groups from 19 & under to 75 & over
- Top 3 male & female overall race walkers

*Race held rain or shine*

## **Race Course Information**

The 10K start and finish this year will be at the far end of the parking area for the National Park Service's Historic Jamestowne Visitor Center, on Jamestown Island. It will start with an out-and-back on the Colonial Parkway causeway just past the short Powhatan Creek bridge and scenic overlook, with the James River on the opposite side. Returning past the Visitor Center, the course will go right for the full long loop (5-mile loop) of the traffic-free Jamestown Island tour roads. The course is PR (personal-record) fast and totally flat, and outside of the causeway section at the start, is a wooded, shaded, scenic route with wetlands crossings on wooden bridges, unsurpassed in historical beauty. The course is certified an exact 10K distance to USATF measurement standards (VA-21015-RT). The race time limit is one hour, 45 minutes. There is not a faster, flatter and more scenic 10K course anywhere!

## **Post-Race Activities**

Music, craft beer and refreshments, and awards ceremony at the Dale House on Jamestown Island, overlooking the James River.

## **Finisher Medals**

To all 10K finishers

## **Pre-Race Event**

Friday, September 26, 6 p.m.- 7:30 p.m.: Pick up your race packets & explore the grounds of Historic Jamestowne after hours! Speak to Jamestown Rediscovery staff about Jamestown history and enjoy hors d'oeuvres and refreshments with a Billsburg Brewery craft beer at the Dale House patio on the James River.

## **For More Information**

Rick Platt, race coordinator: 757-345-1431 (c), [rickplatt14@gmail.com](mailto:rickplatt14@gmail.com)

Angel Johnston, Jamestown Rediscovery: 757-229-4997, [hjmedia@preservationvirginia.org](mailto:hjmedia@preservationvirginia.org)



## Race Parking Location

Historic Jamestowne  
1368 Colonial Parkway,  
Williamsburg, VA 23185

## Results

Finish line results and race  
support provided by  
Colonial Road Runners

## Facilities

Restrooms available. 4 water  
stations along route.  
Miles marked

## RACE REGISTRATION

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Gender (circle): M / F    Age on Race Day: \_\_\_\_\_    DOB: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_  
Race Entered: 10K Run \_\_\_\_\_ 10K Walk \_\_\_\_\_ Virtual 10K \_\_\_\_\_

## ENTRY FEES

Postmarked by September 20 via mail or online by 11:59 p.m. on September 25:	\$45
Late online or at the race packet pick-up event by 7:30 p.m. on September 26:	\$50
Race Day Registration:	\$55

Shirts and sizes guaranteed for registrations received by September 14 in the mail, at Historic Jamestowne, or online. Shirts will be distributed while supplies last for entries received after September 15.

Online registration ends at 11:59 p.m. on Friday, September 26.

Make checks payable Magnolia Catering and Events, LLC and mail to: Democracy Dash 2025, attn: Michael Lavin, 1365 Colonial Parkway, Williamsburg, VA 23185.

Race packet pick-up from 6 p.m. to 7:30 p.m. on Friday, September 26 at Historic Jamestowne, 1368 Colonial Parkway, Williamsburg, VA 23185.

Democracy Dash T-Shirts: YM \_\_\_\_\_ YL \_\_\_\_\_ Adult S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_

## PLEASE READ AND SIGN THIS WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decisions of a race official 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 or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting entry, I, for myself and for anyone entitled to act on my behalf, waive and release Jamestown Rediscovery staff & volunteers, James City County, National Park Service, Magnolia Catering & Events LLC, Billsburg Brewery, Colonial Road Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion picture recordings, or any other record of this event for any legitimate purpose. In consideration of the safety of all participants, headphones, animals, skate boards, or skates are not allowed.

## ALL ENTRANTS MUST SIGN WAIVER

\_\_\_\_\_  
Signature (Parent or guardian if under 18)

\_\_\_\_\_  
Date