



5TH ANNUAL WORLD CLASS FREEDOM RUN

8K RUN/WALK, 5K RUN/WALK

SATURDAY, OCTOBER 19, 2019. WILLIAMSBURG, VA

REGISTER NOW @ www.RunSignUp.com



Organized by and Benefits World Class Gymnastics Parents Association

Colonial Road Runners Grand Prix Race (8K)

TIME: 8:30AM 1MILE FUN RUN 9:00AM 8K/5K

LOCATION: Parking, registration, and awards with DJ and lots of door prizes after the race at Lois Hornsby Middle School, 850 Jolly Pond Rd., Williamsburg, Virginia 23188. Run/Walk through beautiful adjacent Freedom Park.

REGISTRATION: Registration fee includes a short sleeve T-shirt guaranteed to all pre-registered runners/walkers prior to October 9th, 2019. T-shirts while supplies last.

\$15 - 1 mile fun run (only preregistered runners are guaranteed a t-shirt)

\$25 - early bird registration by October 5th.

\$30 - registration October 5th - October 15th.

\$35 race day registration.

School team rate: \$20 per runner with a minimum of 10 students per school must be postmarked by September 30th all entries together

RACE PACKET PICKUP: Can be picked up on Friday October 18th prior to race day at World Class Gymnastics, 343 Bell King Rd. Newport News, Virginia 23606 between the times of 3:00pm - 7:00pm. On race day packets can be picked up starting at 7:30AM at Lois Hornsby Middle School.

AWARDS: Top 3 Men and Top 3 Women overall (8K /5K), Top 3 Men & Top 3 Women by age category in 5 year age groups from 14-and-under to 70-and-over for 8K. Top 5 Men and Women walkers for 8K & 5K. 5K will recognize top three overall, 14-and-under and 15-and-over categories, male and female. All fun run participants will receive a ribbon.

PLEASE PRINT INFORMATION CLEARLY

First Name _____ Last Name _____ Sex ____ Age _____

Street Address _____ Date of Birth _____

City _____ State _____ ZIP _____

Phone(____) _____ Email _____

Race entered (Circle One)	Fun run	8K Run	8K Walk	5K Run	5K Walk
Adult T-Shirt size (Circle One)	S	M	L	XL	XXL
Youth T-shirt (Circle One)	S	M	L	XL	

Make checks payable to: World Class Freedom Run

Mail check and entry form to: WCGPA, Attention Sarah Elliott, 343 Bell King Rd, Newport News, VA 23606.

Waiver I know that running/walking 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 decision of a race official relative to my ability to safely complete this run. I assume all risk 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 the conditions 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 my entry, I, for myself and for anyone entitled to act on my behalf, waive and release the Colonial Road Runners, Williamsburg-James City County Schools, World Class Gymnastics Parents Association, and all sponsors, their representatives and successors, from all claims of 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 pictures, recordings or any other record of this event for legitimate purpose. This is a road race under the rules of RRCA and USATF. No partial or full refunds. ALL ENTRANTS MUST SIGN WAIVER

Signature (parent or guardian if under 18) _____ Date _____