

18TH ANNUAL THE GOVERNOR'S LAND

5K RUN/WALK



*To benefit the American Cancer Society
through Relay For Life of Williamsburg.*

Saturday, October 26, 2019

Park East, The Governor's Land at Two Rivers

Route 5, Williamsburg, VA

One Mile Fun Run/Walk — 8:30 am

5K Run/Walk — 9:00 am



Fastest 5K course on the Peninsula – USATF-Certified 5K (VA-07030-RT)

Register Early: Race limited to 400 participants.

— — — — — ONLINE REGISTRATION: runsignup.com — — — — —

PLEASE PRINT

REGISTRATION FORM

NAME _____ SEX _____ AGE (race day) _____

ADDRESS _____

CITY/STATE/ZIP _____ PHONE _____

E-MAIL: _____ GOVERNOR'S LAND RESIDENT? (circle) YES NO

T-SHIRT SIZE: Adult S M L XL RACE ENTERED: 5K Run 5K Walk 1-Mile Fun Run
(circle) Youth M L XL (circle)

5K Run/Walk Registration: \$25 postmarked/on-line by **Friday, October 11**; \$30 late and \$35 race day.

1-Mile Fun Run Registration: \$15 postmarked/on-line by **Friday, October 11** to guarantee t-shirt size.

Raffle Tickets for a 2019 Honda CR-V EX or \$20,000 cash prize are \$10. Please specify number of raffle tickets: _____

See details on the reverse. You do not have to be present to win. The drawing will be held on December 17, 2019.

I would like to make an additional donation of _____ to the American Cancer Society.

Make checks payable for race entry and raffle to American Cancer Society and mail to:

Kaye Vickerman, 3217 Fowler's Lake Road, Williamsburg, VA 23185

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 anyone entitled to act on my behalf, waive and release the Colonial Road Runners, Governor's Land, American Cancer Society, James City County, 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, no baby joggers, baby strollers, headphones, animals on leashes, skateboards, or skates are permitted in the race.

Signature _____

All entrants must sign waiver (parent or guardian if under 18)

_____ Date

**Relay For Life/
American
Cancer Society:**

Relay For Life (Relay) is the main volunteer-driven cancer fundraising event of the American Cancer Society. The first Relay was held in 1986 in Tacoma, Washington, and Relays have been held annually in Williamsburg since 2000. Although the main objective of Relay For Life is to raise money for cancer research and cancer patients, the event is held to spread cancer awareness, celebrate the lives of survivors, remember those who lost their lives to cancer, and unite a community in the fight against cancer.

Directions:

2700 Two Rivers Rd.
Williamsburg, VA
23185

From I-64/Newport News: Take exit 242A (toward Jamestown) and Rt. 199 West. Take the Monticello Avenue exit (Rt. 321) off of 199 and make a left at the bottom of the ramp onto 321 West (Monticello Ave.). Proceed west on Monticello Ave., through the intersection with Centerville Road (Rt. 614) and straight through the Rt. 5000/Rt. 5 intersection onto Rt. 5 West. Make first left on Two Rivers Road into the Governor's Land residential community, and follow signs to Park East.

From Richmond Road (Rt. 60): Turn south onto Rt. 614 (Centerville Rd.) and proceed south on 614 to the light at Monticello Ave. (7.3 miles). Turn right onto Monticello Ave. and proceed through next light onto Rt. 5 West. Follow directions above.

Schedule:

7:30 a.m. - Race day registration & packet pickup opens
8:30 a.m. - One Mile Fun Run/Walk

9:00 a.m. - 5K Run/Walk
10:15 a.m. - Awards ceremony. Door prizes. Refreshments.

Course:

Flat, fast, scenic, certified (VA-07030-RT) 5K course through the Governor's Land residential community. Out-and-back on Two Rivers Road, with horseshoe loops of Horne's Lake and Whittaker Island neighborhoods on return trip. All paved roads.

Awards:

All pre-registered entrants in the 5K race receive a beautiful long-sleeve t-shirt. Shirts will be given to race-day entrants while supplies last. Awards in the 5K run to the top three overall men and women, and to the top three in five-year age groups for men and women, from 14-and-under through 70-and-over. 5K walk awards go to the top five men and women.

Information:

Kaye Vickerman (Race Director), (757-345-2549, 757-561-6397), Email: kvickerman@cox.net
Rick Platt (Race Coordinator), Colonial Road Runners (757-229-7375, 757-345-1431), Email: rickplatt1@juno.com
Mary Beth Taylor (American Cancer Society - Community Manager) (757-493-7946).



Thanks to the generous support of Hall Honda, the Relay For Life of Williamsburg has a great raffle item to offer for 2019:

- A 2019 Honda CR-V EX or a \$20,000 cash prize !!!!!

Tickets are \$10 each. Purchase when you register and they will be in your registration packet. Additional tickets may be purchased on race day. The drawing will be held December 17, 2019 at 12:30 pm. Watch the LIVE drawing on the Hall Autogroup Facebook page. You do not need to be present to win.

Thanks to Our Generous 2019 Sponsors

PLATINUM

Sponsorship opportunities are available and also include visibility and recognition at the Relay For Life of Williamsburg event June 5th, 2020. Our 20th Anniversary!!

GOLD

Courtney Martinez, Realtor ~ Kaye and John Vickerman ~ Tax Experts

SILVER

James and Donna Davis ~ Williamsburg Christian Church ~
Sherri Visser, Berkshire Hathaway Home Services Towne Realty ~

BRONZE

If interested or know of someone or a business that would be, contact Kaye Vickerman, kvickerman@cox.net; cell: (757) 561-6397 for more details.