



9th Annual Sentara Sleighbell 5K Run/Walk Instructions

Time to get your jingle on! The 9th annual Sleighbell is this Saturday Dec 9th, 2017. The race is a go! We will only cancel if the roads become unsafe due to ice. As of now, it looks as if the weather may be cold and wet but not freezing.

This is a **new** Sleighbell course not yet USATF certified. The start line is now closer to the finish line. The Fun Run and 5K will start at the same location 30 feet behind the finish line that we have used for the past 8 races. The one mile and two mile marks change and we added another turnaround. The additional turnaround is on Old Mooretown Rd. just past Clark Lane. When you go past the two mile mark continue on Clark Lane, you will turn right off of Clark lane onto Old Mooretown Rd run a short ways go around the cone and head back on Old Mooretown Rd to the Hospital and finish line.

A new map is posted in Run sign up and at www.colonialsportswilliamsburg.com.

This is a Healthy Hearts Healthy Minds event. Events, that encourage aerobic exercise by providing an opportunity for the competitive runner/walker to test and showcase their talent, for the non-competitive runner/walker to test and improve their aerobic conditioning and a training focus for the SHIP running clubs.

This event supports the School Health Initiative Program (SHIP) by increasing awareness of SHIP programs and raising funds for SHIP. Your donations are appreciated.

Please take the opportunity to thank our major sponsors:

- Sentara Hospital provides the use of their facilities grounds, manpower and significant funds that keep this event affordable.
- Williamsburg Health Foundation provides funding for SHIP so our students have this opportunity.
- Habitat for Humanity Restore. Making Williamsburg a better place to live.
- Hudgins Holiday Chevrolet Cadillac
- Asics fantastic running shoes and apparel.
- Thorlo Socks
- Everitt Builders
- IronBound Gym
- 757 Swim
- Optimize It

Gift Certificates are provided by:

- Great Wolf Lodge
- Blue Talon Bistro
- The Pub
- The Trellis restaurant

- Long Horn Steak House
- Opus 9
- Food for Thought
- Asics
- American Family Fitness
- Kids Gym.

Please read these Key instructions:

Race Packets: for SHIP, WJCC Schools and the Health Foundation entries are provided through the coaches. All of you should have yours.

All others (on line and mail) can pick up packets on Friday Dec 8th, 2017 from 12 PM- 6 PM at Colonial Sports, Inc. 1303 Jamestown Rd.

Packets can also be picked up on Saturday Dec 9th, 2017 from 8 AM to 9:30 AM adjacent to the Food tent near the Finish line next to the Geddy bldg.

BIBS. Your packet contains your assigned race bib. Please secure your bib on your front torso. An electronic CHIP is attached to the back—Please DO NOT take it off or try to take it off. Check your bibs to make sure your name, age, gender and division are correct (this label is also on the front of the bib). If any information is incorrect, please let us know so we can make the correction. Those of you with multiple family members entered please wear the bib assigned to you! **Incorrect gender, age, division or wearing the incorrect bib may result in ineligibility for awards.**

All competitive walkers will have a yellow bib.

Those of you signed up for the Competitive Walk must walk the entire course. If you get the running bug, let us know at the finish line so we can remove you from consideration for the Competitive Walk awards.

Start Time:

Fun Run 9:30 AM at the official start line adjacent building 400 the Getty Bldg

5K. This race is a wave start and results are by CHIP Start time. Your time starts when you cross the Start line.

- 10 AM United Athletics. Please be at the Start line by 9:45 Am.
- 10:05 AM Competitive 5K runners, 5K run/walk and 5K Competitive walk. Please be at the start line by 09:45 Am. Line up by your ability. Fastest 5K runners up front, 15-20 minutes.
- 10:10 AM SHIP and all others. We will bring the SHIP teams forward from the assembly area next to Bldg 500 beginning at 9:40 Am. Before walking to the start line, organize by ability. Fastest up front, 20-25 minutes.

Awards Ceremony is scheduled for 11:30 AM adjacent the food tent. However, due to the weather we will start as soon as we can validate results. Please Check the unofficial results for yours. If you do not see your result, let us know.

Important Parking Instructions Parking is limited. If at all possible, please carpool. Come early and park in the parking lot in front of the Geddy Bldg. Do not park in the Main Hospital parking lot or the Sentara Employee parking lot. Those of you being dropped off have the driver drop you off at the Main Sentara Hospital building. It is a short walk from there to registration and the Start line.

Porta Johns I will have 4 ea. at the SHIP Assembly area and 4ea near the Finish tower. Use these facilities and not the restrooms in Bldg 500.

Please dress appropriately. We recommend bringing a clean dry shirt to put on after you cross the finish line. This will help you stay warm so you can enjoy the after race activities. Please have a great race, enjoy the food, cheer on the participants, have fun and stay for the awards.

Friday and Saturday signups will get T-shirts while supplies last.
Thank you for signing up! We look forward to seeing you Saturday.

Stay Active! Stay Healthy!
Colonial Sports, Inc.