

# Benefiting Habitat for Humanity



First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Gender (circle) M or F Age on Race Day: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_ (this is not sold)

Event (circle one)    **5K Run**    **5K Run & Walk**    **5K Competitive Walk**    **Two Shilling Mile**

I will be competing on a Team (circle one) **Yes**    **No**    **Team Name:** \_\_\_\_\_

FREE\* SMS text of my Finish Time \*\*We offer this as a free service but a fee from your carrier is dependent on your texting plan. \*\*

Cell Phone number (\_\_\_\_\_) \_\_\_\_\_ Provider: \_\_\_\_\_

## Technical T-shirt for All

Unisex    Adult Small    Adult Medium    Adult Large    Adult XLarge    Adult XXLarge    \$2.00 additional  
Youth Small    Youth Medium    Youth Large

## WAIVER    **ALL ENTRANTS MUST SIGN WAIVER**

I know that running a road race is a potentially hazardous activity. I am entering this run/walk because I am medically and physically able. 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 Colonial Sports, City of Williamsburg, Colonial Williamsburg Foundation, the College of William and Mary, the Colonial Road Runners, 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 pictures recordings, or any other record of this event for any legitimate purpose. In consideration of the safety of all participants, no baby joggers, baby strollers, animals on leashes, skateboards, or skates allowed during the 5K race though they will be allowed in the 1 Mile Fun Run and 5K Walk Event only.

Signature (Parent or Guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

\_\_\_\_\_ Enclosed is my check for the 5K event (\$30\*\*) or the Two Shilling Mile (\$15).

\*\*The 5K event fee increases to \$35 after 1/31/20 • \$40 on 4/5/20

\_\_\_\_\_ Yes, I would like to add a \*\$25 donation to my registration for the Habitat for Humanity.

\_\_\_\_\_ I cannot participate but would like to make a donation of \_\_\_\_\_ for the Habitat for Humanity.

**Habitat for Humanity builds affordable homes that strengthen families and communities in the cities of Hampton, Newport News, Poquoson and Williamsburg, plus the counties of Charles City, James City, New Kent and York, Virginia.**

# Colonial Sports'

## Duke of Gloucester Street Challenge

**11th Annual**  
**Run the D.O.G. St.**

**5K** — **Saturday, April 18, 2020** — **5K**

USATF Certified 5K Course (VA-10013-RT) & Two Shilling Mile

A Colonial Road Runners Grand Prix Event • Hampton Roads Super Grand Prix Event

### Schedule:

#### Friday April 17th

12:00 pm - 6:00 pm - Packet pick up and final registration at Colonial Sports.

#### **NO race day registration**

Address for packet pick-up: 1303 Jamestown Rd, Williamsburg, VA 23185

#### Saturday April 18th

6:30 AM - 7:30 AM Race day pick up (Start Line)

7:00 AM - Two Shillings Mile (Starts at the Finish line)

7:25 AM - 5K Pushed Athletes start

7:30 AM - 5K Run / 5K Walk competitive start

7:35 AM - 5K Run / 5K Walk SHIP start

9:00 AM - Awards ceremony

\$30 5K - 1/1/20 - 1/31/20

\$35 5K - 2/1/20 - 4/4/20 guaranteed tech t-shirt

\$40 5K - 4/5/20 - 4/17/20

\$15 Two Shilling Mile - 1/1/20 - 4/17/20

*Registration after 4/4/20 T-shirt while supplies last.*

### Location:

Start is on Prince George St. between Nassau St. and Henry St. Ends on Duke of Gloucester St.

Online Registration Available:

[www.RunSignUp.com](http://www.RunSignUp.com)

### Awards:

The top three finishers, men and women, in the 5K Run will be awarded a cash prize and a medal.

1st place - \$350.00

2nd place - \$200.00

3rd place - \$100.00

Overall Masters Male and Female (Ages 40+) \$100.00  
Top 3 shall receive a custom medal.

Custom medals will be given to top 3 males and females 8 and under, 9-10, 11-12, 13-15, 16-19, 5-year age groups from 20-24 through 80 and over in the 5K Run.

Top three males and females in the 5K Competitive Walk will be awarded a custom medal.

### More information & Course Map:

<https://runsignup.com/Race/VA/Williamsburg/RunTheDOG>

Race Director: Jim Elder (757) 253-0277

[Jim@colonialsportscustom.com](mailto:Jim@colonialsportscustom.com)

Please mail checks payable to:  
"Colonial Sports"

**Colonial Sports**

1303 Jamestown Rd Suite 111  
Williamsburg, Va 23185

*Rain or shine no refunds for inclement weather, acts of God, or other occurrences*

A Healthy Heart and Healthy Mind Event for Healthy Communities

