

7TH ANNUAL THE GOVERNOR'S LAND

5K RUN FOR THE BRAIN



TO BENEFIT DREAM CATCHERS

"We run so they can ride."

With continuing support for Project Lifesaver.

IN MEMORY OF MICHAEL MANN



Saturday, November 22, 2008

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

A Colonial Road Runners Grand Prix Event
USATF-Certified 5K Course (VA-07030-RT)

Fastest 5K Course on the Peninsula!

Register Early: Race limited to 250 participants.



PLEASE PRINT

REGISTRATION FORM

NAME _____ SEX _____ AGE (race day) _____

ADDRESS _____

CITY/STATE/ZIP _____ PHONE _____

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

T-SHIRT SIZE: S _____ M _____ L _____ XL _____ RACE ENTERED: 5K Run _____ 5K Walk _____ 1-Mile Fun Run _____

I would like to make an additional donation of \$ _____ to the Michael Mann Colonial Road Runners Scholarship Fund.
(Please make separate check payable to CRR Scholarship Fund).

Registration: \$20 postmarked by Friday, November 14 for 5K run/walk; \$25 late and race day. No fee (no T-shirt) or \$10 (with T-shirt) for one mile fun run/walk. **Make checks payable to Dream Catchers, and mail to: Marie Knuettel, Dream Catchers, 2941 Barret's Pointe 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, Dream Catchers, Williamsburg Project Lifesaver/City of Williamsburg, 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

Dream Catchers:

Dream Catchers at the Cori Sikich Therapeutic Riding Center provides therapeutic riding and other horse-related activities to special needs individuals in a caring and safe environment. Students have an array of disabilities, including autism, pediatric stroke, traumatic brain injury, cerebral palsy, to name a few. A non-profit founded in 1993, Dream Catchers invites you to visit their facilities and see the program in action. It is truly inspirational.

Project Lifesaver:

Project Lifesaver provides personal radio transmitters to persons with Alzheimer's and related disorders, enabling care givers and local emergency agencies to rapidly locate and rescue the individuals if they wander. Locally, the Williamsburg and James City County Police and Williamsburg Fire Departments cooperate to provide this vital service.

In Memory of Michael Mann:
1968 - 2007

Three-time Colonial Road Runners Grand Prix champion Michael Mann lost a 2-1/2 year battle with lung cancer in 2007. He owns the men's 30-34 age group record of 15:47 for the Governor's Land 5K, set in 2002, and was a past overall champion. The Colonial Road Runners Scholarship Fund is named in his honor. Although all proceeds of this race support Dream Catchers and Project Lifesaver, we offer an opportunity to contribute separately to the scholarship fund on this form, or at the race.

Directions:

2700 Two Rivers Rd.
Williamsburg, VA
23185

From I-64/Newport News: Take exit 242-A (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.). Pass by Monticello Marketplace and continue 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. In approximately 0.4 miles, make a left on Two Rivers Road into the Governor's Land residential community, and follow signs to Park East.

From Richmond Road (Rt. 60): From the West, turn right after the Williamsburg Outlet Mall onto Rt. 614 (Centerville Rd.). From the East, turn left onto Rt. 614. Proceed south on 614 to the light at Monticello Ave. (7.3 mi.). Turn right onto Monticello Ave. and proceed through the next light onto Rt. 5 West.

Schedule:

- 7:30 a.m. - Race day registration and packet pickup starts at Park East building.
- 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 5K certified (VA-07030-RT) 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 for 5K run/walk and one mile fun run.

Awards:

All pre-registered entrants in the 5K races receive a beautiful long sleeve T-shirt, with T-shirts 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 65-and-over. 5K walk awards go to the top five men and women. Prizes for first male and female Governor's Land finisher. Awards for all 1-mile fun run finishers. Post-race refreshments to all runners, walkers and one-mile fun run participants.

Information:

Rick Platt (Race Coordinator), Colonial Road Runners (757-229-7375); Sue-Ellen Fitzpatrick (Race Director), Dream Catchers (757-258-4468); Sherry Volk (Community Liaison), Governor's Land (757-258-5322).

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