



# Greater Williamsburg CHAMBER & TOURISM ALLIANCE

## Salute to the Military "Red, White and Blue 5K"

Saturday, May 15<sup>th</sup>, 2010 – Rain or Shine

Note New Location---U. S. Coast Guard Training Center Yorktown

The Greater Williamsburg Chamber & Tourism Alliance, in partnership with local merchants and area military installations, invite military and civilian runners of all ages to participate in the 5th Annual Armed Forces "Red, White and Blue 5K". The race will take place at the Coast Guard Training Center Yorktown and extend onto the Yorktown Battlefields tour roads. For information call 757-229-6511. Come join us in a fun-filled salute to the military!

**TIMES:** 7:00 - 8:00 AM - Registration  
8:00 AM - Race Start - 1 Mile Fun Run  
8:30 AM - Race Start - 5K (3.1 mile) Run / Walk  
9:45 AM - Awards Ceremony

**DIRECTIONS:** Take I-64 to Exit 250B (Ft. Eustis Blvd/Rt. 105). Go toward YORKTOWN on Rt. 105, approximately 3 ¾ miles to traffic light at Rt. 17. Go LEFT onto Rt. 17 NORTH. Proceed about ¾ mile to second traffic light and turn RIGHT onto Cook Rd. Proceed approximately 2 ½ miles to the STOP sign and turn RIGHT onto Ballard St. (Rt. 238 East). Follow this road approximately 1¼ miles to the CG Training Center gate.  
From points North via Rt. 17: Follow Route 17 South across the Coleman Memorial Bridge. Proceed approximately ½ mile past bridge and turn left at traffic light onto Route 238 EAST. Follow Rt. 238 East for approximately 2 miles to the US Coast Guard Training Center gate.

**IMPORTANT: PHOTO ID REQUIRED TO ENTER THE BASE ON RACE DAY**

**AWARDS:** The following awards will be presented:

- Top 3 Men & Top 3 Women Overall (5K Run and 5K Walk)
  - Top 3 Men and Top 3 Women Military Runners (5K Run)
  - Top 3 Men & Top 3 Women by Age Category (5K Run) – 5-year age groups from 19-and-under thru 65-and-over.
  - Commander's Cup – Top Military Service (Based on top 5 finishers, by place, from each Service)
- All participants in the 1 Mile Fun Run will receive a ribbon at the finish line.

## A Colonial Road Runners Grand Prix Event; Open to the Public!

**REGISTRATION AND ENTRY FEES:** Entry forms postmarked by **Friday, April 23<sup>th</sup>** will be guaranteed a T-shirt.

**5K Run / Walk: Military (Active and Reserve): Free** (through May 1st) / **\$8** (after May 1st including race day)\*  
**All Others: \$18** (through May 1st) / **\$22** (after May 1st including race day)\*

**1 Mile Fun Run: Free** (\$8 if T-shirt is desired)

### SALUTE TO THE MILITARY "RED, WHITE AND BLUE 5K" ENTRY FORM (ONE FORM PER PERSON)

\*Please make all checks and money orders payable to: **Greater Williamsburg Chamber & Tourism Alliance** and mail to: **Greater Williamsburg Chamber & Tourism Alliance, P.O. Box 3495, Williamsburg, VA 23187, or Fax to 757-229-2047.**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE & ZIP \_\_\_\_\_  
E-MAIL \_\_\_\_\_ AREA CODE & PHONE # \_\_\_\_\_  
AGE ON RACE DAY \_\_\_\_\_ BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ SEX: MALE FEMALE  
T-SHIRT SIZE -ADULT SIZES (circle one): S M L XL CATEGORY (circle one): 5K RUN / 5K WALK / 1 MILE FUN RUN  
MILITARY - ACTIVE OR RESERVE (circle one) SERVICE: \_\_\_\_\_ DUTY STATION: \_\_\_\_\_

I know that running or walking a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run/walk unless I am medically able and properly trained and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running/participation in this event including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and 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 Greater Williamsburg Chamber & Tourism Alliance, the U. S. Government, the U.S. Coast Guard, National Park Service, Colonial Road Runners, RRCA, York County, the Commonwealth of Virginia and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. 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.

Signature of Runner (Parent or Guardian if Runner is under 18)

Date