

# 2<sup>nd</sup> Annual Williamsburg Landing 5K

## For Arc Awareness

Saturday, September 24, 2011



www.thearcgw.org



**From Start to Finish  
The Arc Makes a Difference**

Presenting Sponsor:



<b>LOCATION &amp; TIMES:</b>	Williamsburg Landing campus (off Lake Powell Road, Williamsburg, VA)
	7:30 am Race Day Registration and Packet Pickup begins
	8:30 am One-mile fun Walk/Run
	9:00 am 5K Run and 5K Walk
	10:15 am Awards Ceremony and Raffle Drawing

**EVENT DESCRIPTION:** Williamsburg Landing is hosting a 5K Run/Walk event & a 1-mile fun Walk/Run with all proceeds to benefit The Arc of Greater Williamsburg.

**COURSE:** Nestled in the gentle tree covered hills surrounding Williamsburg, this out-and-back course traverses the 137 acre campus of Williamsburg Landing which neighbors College Creek. Registration will be at the William A. Doig Health Club and Spa. The start line will be near the Woodhaven building.

**REGISTRATION:** Register online at [www.thearcgw.org](http://www.thearcgw.org) (online registration closes 24 hours before the event.) or complete the form below. Minimum donation for pre-entries is \$20 per entrant on or before 8/31/2011. Minimum donation for entries is \$25 per entrant on or after 9/1/2011. Registered entrants under age 10 are free.

**INFORMATION:** [www.thearcgw.org](http://www.thearcgw.org) or (757)229-3535 or (757)565-6545

## REGISTRATION

Register online at [www.thearcgw.org](http://www.thearcgw.org) and make a secure entry donation via

Or mail this completed registration form with entry donation made payable to The Arc of Greater Williamsburg to:

Williamsburg Landing  
William A. Doig Health Club and Spa  
3000 The Mall  
Williamsburg, VA 23185

### PLEASE PRINT

NAME: \_\_\_\_\_ M \_\_\_\_ F \_\_\_\_ Age (on Race Day) \_\_\_\_\_

ADDRESS: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ PHONE: \_\_\_\_\_

Circle Event Entered:    5K RUN            5K Walk            1-mile Walk/Run

Donation enclosed: \$ \_\_\_\_\_ (checks made payable to The Arc of Greater Williamsburg)

Circle desired T-shirt Size:            S            M            L            XL

I know that running/walking a road race is a potentially hazardous activity. I should not enter this event unless I am medically able and properly trained. I agree to abide by all decisions of race officials made about my ability to participate. I assume all risks associated with running/walking in this event including but not limited to falls, personal contact, weather effects including cold, heat and humidity, traffic and the road conditions, all risks being known and appreciated by me. Having read this waiver, knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release Williamsburg Landing Inc, the Arc of Greater Williamsburg and all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. In consideration of all participants, no baby joggers, strollers, animals, skateboards, or skates are permitted in the 5K race.

SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_\_

**ALL ENTRANTS MUST SIGN WAIVER.** (Parent or Guardian signature required if under 18 yrs of age.)

**T-SHIRTS:** All pre-registered (by 8/31/2011) entrants will receive a t-shirt in the requested size and all others will receive a t-shirt while supplies last. Any extra t-shirts will be sold for \$10 a shirt.

**WILLIAM A. DOIG HEALTH CLUB AND SPA USAGE:** All participants will have free access to Williamsburg Landing's 25,000 square foot health club the day of the event. The Health Club includes a fitness room, pool, hot tub and locker rooms.

**REFRESHMENTS:** Light snacks and water will be provided.

**AWARDS:**

Top overall winners: male and female

Top 3 men and women in 10 year age groups from 19 and under to 70-and-over in the 5K Run

Top 3 men and women in the 5K Walk

**PARKING:** Parking will be available near the main Landing building and behind the Woodhaven building. Overflow parking will be available as needed. Follow signs. Transportation buses will be available to shuttle participants to the registration area.

**RESTROOMS:** Locker rooms located in the William A. Doig Health Club and Spa/registration area.

**DIRECTIONS:**

**From I-64 East or West:**

Take exit 242 A onto Route 199

At the third traffic light, turn left onto Brookwood Dr.

From Brookwood, take the first left onto Lake Powell Rd.

Williamsburg Landing is the first left off Lake Powell Rd.

**From Colonial Williamsburg:**

Take Jamestown Rd. (Route 5) past the college

At the second stop light, turn left onto Route 199 East

At the first stoplight, turn Right onto Brookwood Dr.

From Brookwood, take the first left onto Lake Powell Rd.

Williamsburg Landing is the first Left off Lake Powell Rd.

**RAIN DATE:** In case of severe weather the event will be cancelled. There is no rain date. For cancellation updates please call 565-6545 or go to [www.thearcgw.org](http://www.thearcgw.org)

NO ANIMALS ALLOWED IN THE 5K RUN or 5K WALK



**About The Arc of Greater Williamsburg:** The Arc of Greater Williamsburg has proudly served adults with intellectual and developmental disabilities in our community for 35 years. Their support services provide health, wellness, educational and life skills training, plus social and recreational programs. In addition, they provide respite for families and caregivers. If you have any questions about their programs or services, please contact Pam McGregor at (757) 229-3535.



**About Williamsburg Landing:** Nestled in the beautiful Tidewater countryside, this gated 137-acre CARF-CCAC accredited continuing care retirement community features cluster homes and apartments in a resort setting. Minutes from Colonial Williamsburg, shopping, golf courses and the area's abundant cultural and educational opportunities, this has been Williamsburg's community of choice since 1985. Experience an active lifestyle, multiple amenities and award-winning health care.

Thank you for your continued support!