



14th Annual Williamsburg Landing 5k for The Arc

October 7, 2023



Note: In lieu of completing this form, you may complete the online registration at thearcgw.org.

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

7:30 am	Race Day Registration and Packet Pickup
8:30 am	One Mile Fun Run
9:00 am	5k Run and 5k Walk
10:15 am	Awards Ceremony and Door Prizes

COURSE: Nestled in the tree covered hills surrounding Williamsburg, this out-and-back course traverses the 137-acre campus of Williamsburg Landing, which neighbors College Creek.

REGISTRATION: Early bird registration is \$35 per entrant until August 27, \$45 thereafter. Registered entrants under age 10 are free. Online registration closes at 11:59pm on Sunday, October 1. Same day registration begins at 7:30 am. Cash, checks, and credit cards are accepted at the race. Raffle tickets for amazing prizes will be sold!

PLEASE PRINT CLEARLY

NAME: _____ GENDER: _____ Age (on race day) _____

ADDRESS: _____ E-MAIL: _____

CITY/STATE/ZIP _____ PHONE: _____

Circle Event AND Modality: 5k Walk/Run OR 1-mile Walk/Run Virtual OR In Person Registration enclosed: \$_____

T-SHIRTS: All entrants who are registered by 9/21/23 will receive a T-shirt in the requested size, and all others will receive a T-shirt while supplies last.

Circle desired T-shirt size: Youth L Adult S M L XL 2XL 3XL **NO T-shirt**

PARKING & SHUTTLES: Parking will be at Laurel Lane Elementary School, 112 Laurel Lane, across from Williamsburg Landing. Please watch for signs and volunteers directing traffic. Shuttles will be available to take you to and from the William A. Doig Health Club and Spa beginning at 7:00 am. They will resume after the 5k is completed.

REFRESHMENTS: Light snacks, fruit and water will be provided, as well as pizza from Anna's Brick Oven Pizza.

AWARDS: Prizes will be awarded for top finishers in 8 different age categories, both male and female.

INCLEMENT WEATHER: In the case of light rain, the event will proceed as scheduled. In the case of more severe weather, it will be cancelled. For cancellation updates, please visit thearcgw.org.

Please mail or drop off this completed registration form with entry donation made payable to The Arc of Greater Williamsburg to 150 Strawberry Plains Road, Suite D, Williamsburg, VA 23188.

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

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, all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event.

I also give permission for the free use of my name, picture, and voice in any broadcast, telecast, print account, or any other account in any medium of this event.

SIGNATURE _____

DATE: _____