



**1st Annual 5K for CAA
Celebrating 50 years of service!**

This charity 5K will help support WJCC Community Action Agency, a local 501(c)(3) dedicated to helping people, changing lives, and making a difference in the community. We provide free preschool to 147 children through our Head Start program and supportive programs/services that promote self-sufficiency and reduce the need for public support in our area. CAA has had a positive impact on disadvantaged families in our area since 1968.

Participant Information

First Name: _____ Last Name: _____ MI _____

Address: _____

City, State, Zip: _____

Cell Phone: (_____) _____ Email: _____

Age on Race Day: _____ Date of Birth ____/____/____ T-Shirt: Adult: S M L XL XXL+(+\$2)

Free 5K shirts for first 150 registrants

Event Choice(s): 5K Run 5K Walk 1 Mile Fun Run

Amount enclosed: \$5 Fun Run \$20 Early Register 5K \$25 after April 14th

Race Day Schedule

- 7:30 a.m. Registration/Packet pickup
- 8:30 a.m. 1 Mile Fun Run
- 9:00 a.m. 5K Run/Walk Start
- 10:15 a.m. Prizes & Refreshments

Questions or More Info

- Rick Platt – Race Coordinator
757-345-1431 rickplatt1@juno.com
- Shante “Tae” Bell – CAA Race Director
757-229-9332 vista@wjccactionagency.org

ALL Runners MUST SIGN Agreement Waiver

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director/Coordinator, RunSignUp.com, James City County, Eastern State Hospital, WJCC CAA, Colonial Road Runners, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Signature: _____ **Date:** _____

Parent/guardian if under 18 years old

Games!



Prizes!

Awards!

Raffles!

Pajama Day

5K
for CAA



Helping People.
Changing Lives.
Making a Difference.

A Colonial Road Runners Grand Prix Event

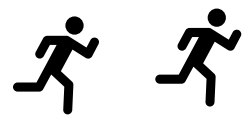
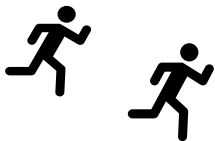
Saturday, April 28, 2018

Eastern State Hospital

Picnic Pavilion

Moncure Drive

Williamsburg, Virginia



Come Join the Fun as We Run for the Community

Register by mail or online:

Mail to WJCC CAA

312 Waller Mill Rd. Ste 405

Williamsburg, VA 23185

<https://runsignup.com/Race/VA/Williamsburg/CAA5K>

Entry Fee(s)

\$5 Family Fun Run

\$20 Pre-registration

\$25 after April 14th/race day

Live Music By:

Williamsburg-James City County
A Community in Action!

