



# Sunshine 5K Run/Walk & Kids 1 Mile Fun Run



JUNE 22, 2013

WHITE BANK PARK, COLONIAL HEIGHTS, VA  
RAIN OR SHINE

## Kids 1 Mile Fun Run Information:

The Kids 1 Mile Fun Run is a non-competitive run designed to promote fun and fitness for kids of all **ABILITIES and AGES**. The course will start and finish at White Bank Park. Parents must accompany athletes younger than 4 years of age. Participants do not have to obtain sponsors to participate in the Kids 1 Mile Fun Run. All proceeds are earmarked for purchase of new park Playground Equipment.

**Place:** The race will start and finish at White Bank Park located at 400 White Bank Road

**Time:** Kids 1 Mile Fun Run begins at 8:00 am.

**Awards:** Participation ribbons given to all participants. T-shirts are provided to all participants who raise \$10.00 or more. Top M/F participant with the most sponsorship money will receive 2 tickets to Kings Dominion. Racers who raise \$50.00 or more will be entered into a raffle drawing for a chance to win multiple prizes.

**Course:** Loop course starts and ends at White Bank Park.

**Directions:** From I-95, take Exit 54 (Temple Ave.), turn right on Temple, go to stoplight and turn left on Conduit Road, go 2.4 miles and turn left onto White Bank Road, follow signs to the park. From I-295, take Exit 9B (Oaklawn Blvd – 36 West), after 1 kilometer, bear right on Temple Ave (Rte 144), follow Temple past Southpark Mall to Conduit Road, turn right onto Conduit and go 2.4 miles, turn left onto White Bank Road, and follow signs to the park.

**Registration:** \$5.00 Pre-registration fee for Kids 1 Mile Fun Run until June 7<sup>th</sup>; \$10.00 After June 7<sup>th</sup> & Day of Race fee  
Register at Colonial Heights Recreation Department's office M - F from 8 - 5 pm through June 19<sup>th</sup>  
Online: <https://activenet002.active.com/colonialheightsva/>. To register by mail, phone, or fax call 804-520-9390. For more information call 804-520-9390 or go to [www.colonialheightsva.gov](http://www.colonialheightsva.gov)



## Sponsorship Information:

- All sponsors who would like a receipt for their donation must provide their mailing address and indicate their wishes to the sponsee. Participants are responsible for collecting all pledged funds and delivering them to the Colonial Heights Recreation Department at Shepherd Stadium. Donations are 100% tax deductible.
- All money must be turned in to Shepherd Stadium, located at PO Box 3401/901 Meridian Avenue, Colonial Heights, VA 23834 by June 19<sup>th</sup>. Please make all checks payable to **City of Colonial Heights Foundation**, with the memo "Sunshine 5K."

## 2013 Kids Fun Run Registration

Printed First Name: \_\_\_\_\_

Printed Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

Last Period Teacher Name: \_\_\_\_\_

School Attending: \_\_\_\_\_ Age: \_\_\_\_\_

Gender:  Male  Female Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Contact Number: \_\_\_\_\_

"I know that running a road race is a potentially hazardous activity. I should not enter and run 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 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 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 Tri-Cities Road Runners Club, the City of Colonial Heights 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 USATF. In consideration of the safety of all participants, NO baby joggers, baby strollers, headphones, animals on leash, skateboards, and skates."

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

(Parent Signature must be provided if participant is under 18)





# Sunshine Kids 1 Mile Fun Run

## Sponsor Pledge Form



JUNE 22, 2013  
WHITE BANK PARK, COLONIAL HEIGHTS, VA  
RAIN OR SHINE

Please assist this participant in raising funds for new park Playground Equipment. This participant agrees to run 1 mile in your honor as a result of the funds you donate to this fundraiser. If a receipt is needed it will be mailed/e-mailed to you after June 19, 2013.

	Name	Mailing Address and Email Address	Sponsor Amount	Do you need a receipt for tax purposes?
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Please provide T-shirt size if child/adult has raised \$10.00 or more

T-shirt Size (circle one): YM YL AS AM AL AXL

Total Raised: \$ \_\_\_\_\_

All sponsors who would like a receipt for their donation must provide their mailing address and indicate their wishes to the sponsee. All money must be turned in to Shepherd Stadium, located at PO Box 3401/901 Meridian Avenue, Colonial Heights, VA 23834 by June 19<sup>th</sup>. Please make all checks payable to City of Colonial Heights Foundation, with the memo "Sunshine 5K."