



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



JUNE 22, 2013

WHITE BANK PARK, COLONIAL HEIGHTS, VA  
RAIN OR SHINE!

### 5K Run/Walk Information:

- Place:** The race will start and finish at White Bank Park located at 400 White Bank Road
- Time:** 5K race starts at 8:45 am. Registration and packet pick-up starts at 7:00 am.  
Early packet pick-up Friday, June 21<sup>st</sup> at Shepherd Stadium, 1:00 - 5:00 pm.
- Awards:** Top three M/F 5 year age groups (thru 65+; 14 and under). Top Masters M/F. Age as of 6/22/13.  
Top youth, teen, adult fund-raisers. Refreshments will be served to all entrants.
- Course:** Loop course starts and ends at White Bank Park. Water stop at 1.5 mile.
- 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:** \$15.00 Pre-registration fee by Friday, June 7, 2013. T-shirts guaranteed to pre-registered runners.  
\$25.00 After & Day of Race; Limited T-shirt availability.  
\$25.00 Couple registration. Couple registration fee taken until June 7, 2013. Both must register at the same time.  
Register at Colonial Heights Recreation Department's office M - F from 8:00 through 5:00 pm through June 19, 2013.  
**Online:** <https://activenet002.active.com/colonialheightsva/>  
**Make checks payable to:** "City of Colonial Heights" memo "Sunshine 5K"  
Colonial Heights Recreation Department, PO Box 3401, Colonial Heights, VA 23834  
For more information call 804-520-9390 or go to [www.colonialheightsva.gov](http://www.colonialheightsva.gov)



2013 5K Run/Walk Registration

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

Gender: \_\_\_ Male \_\_\_ Female Date of Birth: \_\_\_ / \_\_\_ / \_\_\_ Age (day of race): \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Contact Number: ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

Adult T- shirt Size (circle one): S M L XL

"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: \_\_\_ / \_\_\_ / \_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_

(Signature must be provided if participant is under 18)

