

3rd Annual!

MAD DASH 5K & FUN RUN

Williamsburg Indoor Sports Complex, Williamsburg, VA
benefiting Child Development Resources
supporting Maddox Marmon



7:30 AM 1 Mile Fun Run/Walk

8:00 AM 5K Run/Walk

Saturday, August 6th, 2016



Registration:

5K	Fun Run	
\$25	\$15	Early Bird Registration by 7/22
\$30	\$20	Late & Race Day Registration

Packet Pick Up & Race Day Registration:

Early packet pick up Friday August 5th
4:30pm-7:00pm inside The WISC.
Race day registration & packet pickup at 6:30 am.

Course:

Warhill Sports Complex, nature trails, bike path, and park entrance road. Loop course with some hills.

Awards:

Top 3 Men & Top 3 Women Overall in the 5K Run & 5K Walk
Top 3 Men & Top 3 Women by age category in 5-year age groups from 14-and-under to 70-and-over in the 5K Run
All participants in the 1 Mile Fun Run will receive a ribbon at the finish line.



For more information:

Race Director: Jen Berberich
(757) 253-1947
jberberich@thewisc.com

Race Coordinator: Rick Platt
(757) 229-7375 or (757) 345-1431.
E-mail: rickplatt1@juno.com

Sign up online at:

www.thewisc.com

Enter via mail:

Make checks payable to "WISC"
Mail to:
5700 Warhill Trail,
Williamsburg, VA 23188

T-shirt:

T-shirts and exact sizes are guaranteed to all entrants who register by July 22nd.

No rain date, no refunds

JOIN US AFTER FOR THE
wisc Family Festival



Saturday, August 6, 2016
9:30 am - 12:30 pm

MAD DASH 5K & FUN RUN

First Name: _____ Last Name: _____

Street Address: _____ DOB: _____

City, State, & Zip Code: _____

Home phone: _____ Work Phone: _____ E-mail: _____

Age on Race day: _____ Race entered : 5K Run 5K Walk 1 Mile Fun Run

Gender: Male Female T-shirt size: S M L XL 2XL

T-shirt size (children's) YS YM YL

WAIVER AND RELEASE

Williamsburg Indoor Sports Complex WAIVER:

I know that running/walking a road race is a potentially hazardous activity. I should not enter a run/walk 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/walking 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, knowing these facts, and in consideration of your accepting my entry, I, for myself and for anyone entitled to act on my behalf, waive and release the Colonial Road Runners, Warhill Sports Complex, Williamsburg Indoor Sports Complex, James City County Parks & Recreation, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose. In consideration of the safety of all event participants, no baby joggers, baby strollers, headphones, animals on leashes, skateboards, or skates are permitted in the race.

Participant Name: _____ (Please Print) Participant's Signature: _____ Date: _____

All entrants must sign waiver (parent's signature required if entrant under 18)

From Newport News:

Merge onto I-64 W toward **Williamsburg/Richmond**
Merge onto VA-199 E via EXIT 242A

Exit at Longhill Rd

Merge Left and travel Longhill Rd approx 2.3 miles

Turn Right onto Warhill Trail

WISC is at the end on the right

From Richmond:

Merge onto I-64 E toward **Williamsburg/Richmond**
Merge onto VA-199 E via EXIT 234

Exit at Longhill Rd

Merge Right and travel Longhill Rd approx 2.3 miles

Turn Right onto Warhill Trail

WISC is at the end on the right