



WISC Gymnastics

FLIPPING 5K

& 1 MILE COLOR FUN RUN

Saturday, June 23, 2018

Billsburg Brewery/James City County Marina
Williamsburg, Virginia

START TIMES

8:00am - 1-mile Color Fun Run

8:30am - 5K Run/Walk

REGISTRATION

Online: thewisc.com
runsignup.com

By Mail or in Person:

WISC
Attn: Flipping 5K
5700 Warhill Trail
Williamsburg, VA 23188

Packet pickup (6/22):

WISC - 6:00pm - 8:00 pm

Race day registration/packet pickup:

7:00 am-8:15 am

T-SHIRTS

Guaranteed to all registrations received by 9:00 pm, June 15.
Others while supplies last

Sign-up for the Two River Challenge at the bottom of registration form

Race Course Information

A flat scenic loop course that begins at the start of the Virginia Capital Trail, winds through the Landfall at Jamestown neighborhood, overlooking Powhatan Creek and ending at Billsburg Brewery at the James City County Marina.

Post-Race Activities

Awards ceremony and prizes
refreshments, carnival games, craft beer, and more

Grand Prix Event

A Colonial Road Runners
Grand Prix Event

Morning race of the Two Rivers Challenge

Awards

Top 3 men & Top 3 women overall in the 5K
Top 3 men & top 3 women by age category in 5-year age groups from 14-and under to 70-and over 5K
All participants in the 1 mile color fun run receive a ribbon at finish line

Inaugural

Colonial Road Runners Course at Billsburg Brewery

Make it a Family Day!

Cornhole, horseshoes, carnival games, access to canoes, kayaks, paddleboards at the James City County Marina, walk to nearby Jamestown Beach



For More Information

Caitlin Rudders - Race Director 757.813.0018 crudders@gmail.com
Rick Platt - Race Coordinator 757.345.1431 (c), 757.229.7375 (h),
rickplatt1@juno.com

More information found here: www.thewisc.com

All proceeds benefit the WISC Gymnastics Competitive Team. Proceeds will help provide scholarships to families in need as well as club resources.

Race held rain or shine No refunds for weather, acts of God or other occurrences

WISC Gymnastics Flipping 5K & 1 Mile Color Fun Run
Billsburg Brewery/James City County Marina, Williamsburg, VA



Race entered: 5K Run 5K Walk 1 Mile Fun Run

Name: _____

Street Address: _____

City, State, & Zip Code: _____

Phone Number: _____ E-mail: _____

DOB _____ Age on Race day: _____

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

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

5K:

Early Registration - \$20 until May 5

Standard Registration - \$25 until June 16

Late & Race Day Registration - \$30

1-mile Color Run:

Early Registration - \$20 until May 5

Standard/Late & Race Day Registration - \$20

Make checks payable to "WGPA—Flipping 5K"

Newport News/Norfolk/Va Beach:

Merge onto I-64 W toward Williamsburg/Richmond

Merge onto VA-199 E via EXIT 242A

Turn Left at Jamestown Road

Travel Jamestown Rd approx. 3.9 miles

Turn Left onto Colonial Parkway

Billsburg Brewery/Marina is on the left

From Richmond:

Merge onto I-64 E toward Williamsburg/Richmond

Merge onto VA-199 E via EXIT 234

Turn Right at Jamestown Rd

Travel Jamestown Rd approx. 3.9 miles

Turn Left onto Colonial Parkway

Billsburg Brewery/Marina is on the left

WAIVER AND RELEASE

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, Williamsburg Indoor Sports Complex, Landfall at Jamestown, WISC gymnastics, 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: _____ Date: _____

(Please Print) Participant's Signature: _____

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

Two River Challenge Information Saturday, June 23, 2018

Complete the WISC Gymnastics Flipping 5K Run in Williamsburg along the Powhatan Creek at the Billsburg Brewery on the morning of June 23rd, and then complete the 5K Riverwatch on the Piankatank river at 6:30pm, and receive a beautiful two river challenge medal!

Gloucester - 2nd annual **Riverwatch on the Piankatank 5K Run/Walk**, 6:30 p.m.; 1 mile fun run, 6:00 p.m., Riverwatch Pool, 8031 Riverwatch Circle. A Peninsula Track Club event. Online registration at: www.RunSignUp.com

Contact: Karen Schenck: (571) 224-5450. Email: schenck@gmail.com.

Running both races? YES NO