

# Run for the Hills FALL FEST

Presented by

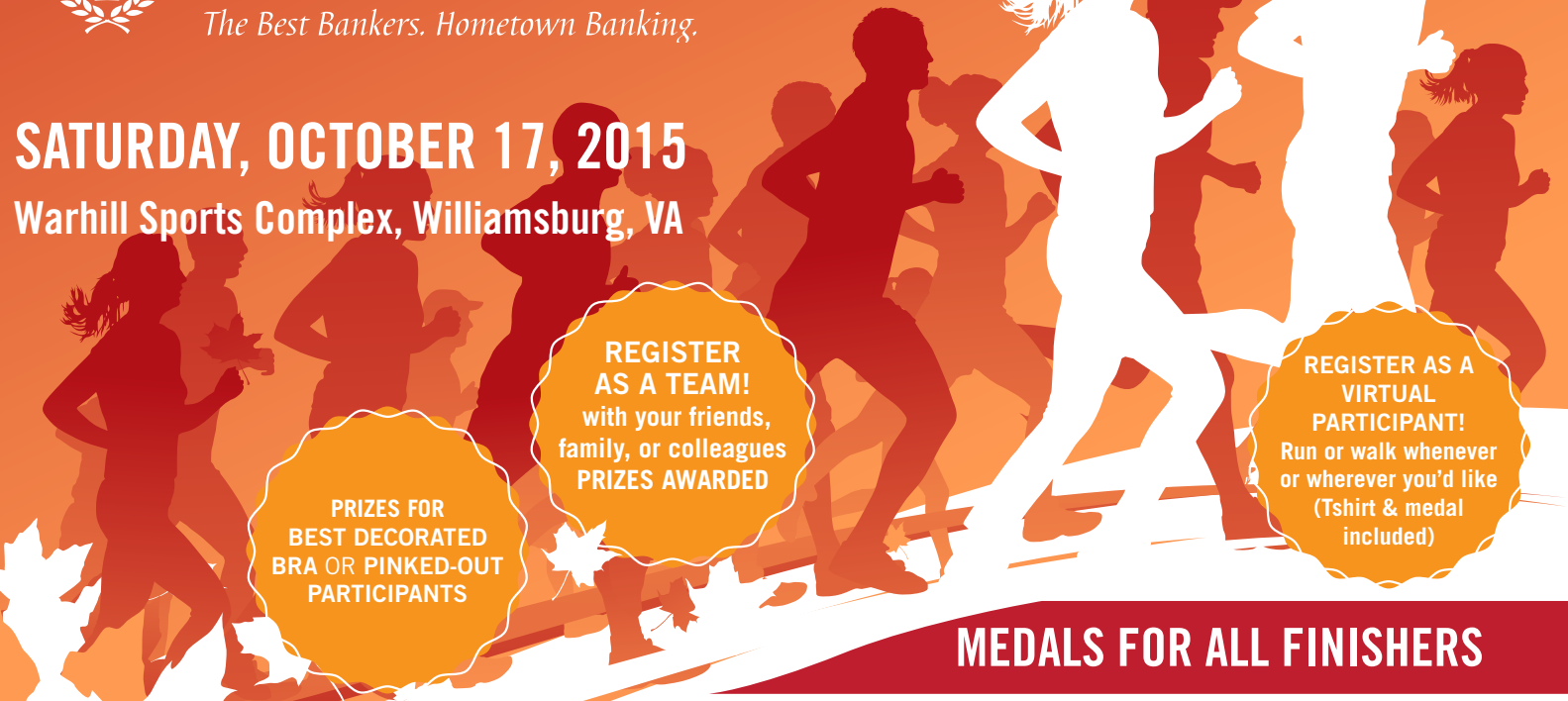


Run or walk—  
just for the *health* of it.

ALL PROCEEDS BENEFIT:



**SATURDAY, OCTOBER 17, 2015**  
Warhill Sports Complex, Williamsburg, VA



PRIZES FOR  
BEST DECORATED  
BRA OR PINKED-OUT  
PARTICIPANTS

REGISTER  
AS A TEAM!  
with your friends,  
family, or colleagues  
PRIZES AWARDED

REGISTER AS A  
VIRTUAL  
PARTICIPANT!  
Run or walk whenever  
or wherever you'd like  
(Tshirt & medal  
included)

**MEDALS FOR ALL FINISHERS**

## FUN FAMILY EVENTS:

- 8:15am - 1 Mile Fun Run
- 8:30am - 5K Run
- 9:15am - 10K Run\*

## FALL FEST 8:30am -1:00pm

- Breakfast and Food Samplings
- Cornhole • Face Painting & Henna
- Pumpkin Painting • Dunking Booth
- Sponsor Expo
- Contests, Games and More!

\*A Colonial Road Runner's Grand Prix Event



Supporting Beyond Boobs! Inc., a 501(c)(3) non-profit organization dedicated to saving and healing lives by supporting young women diagnosed with breast cancer while providing breast health education for all.

# REGISTER ONLINE [WWW.BEYONDBOBS.ORG/FALLFEST](http://WWW.BEYONDBOBS.ORG/FALLFEST)

Please make checks payable to Beyond Boobs!. Drop off or mail entry form and check to:

**Beyond Boobs! - Attention 10K, 1309 Jamestown Rd., Suite 204, Williamsburg, VA 23185**

NAME \_\_\_\_\_ M \_\_\_ F \_\_\_ BIRTH DATE \_\_\_/\_\_\_/\_\_\_ AGE ON RACE DAY \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Would you like to be added to a team (optional) (circle one): YES NO Team Name: \_\_\_\_\_

## EVENT REGISTRATION (CHOOSE ONE)

5K run/walk (\$30.00)  5K walk only (\$30.00)  10K run/walk (\$40.00)\*  10K walk only (\$40.00)\*

1 mile fun run/walk (\$20.00)  **NEW!** Virtual 5K or 10K - Compete at your leisure at your chosen location! (\$30.00)

A virtual race is a race that can be run/walked at any location. You can walk, use the treadmill, run outside or participate in another race. Run your race at your pace wherever you like, just complete by the end of October 2015. For extra fun, submit your run/walk photos, time and race experience on Facebook, Twitter or Instagram and tag them with #RunForTheHills2015! Virtual participants will receive T-shirt and participant medal via mail but are not eligible for winners' trophies.

Note: All entry fees will increase by \$5.00 on Saturday, October 3rd, 2015.

\*A Colonial Road Runner's Grand Prix Event

**T-SHIRT SIZE (circle one):** shirt or size is not guaranteed for race day registrants

Youth: S M L XL Unisex/Men's: S M L XL XXL Women's (more fitted - tend to run small): S M L XL XXL (For looser fit, order Men's size)

**BREAST CANCER SURVIVORS ONLY — COLOR OPTION: PINK (circle if you would like pink)**

I know that running a road race is a potentially hazardous activity. I should not enter and 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 or humidity, traffic, and the condition 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 for anyone entitled to act on my behalf, waive and release The Health Journal, Colonial Road Runners, James City County, Beyond Boobs!, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. No baby joggers, baby strollers, animals on leashes, skateboards, or skates allowed.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

PARENT'S SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

For more information, call Vicki Vawter at (757) 645-2649 extension 6 or email [vicki@beyondboobs.org](mailto:vicki@beyondboobs.org)

PRESENTED BY:  **TOWNE BANK**  
The Best Bankers. Hometown Banking.

## SPONSORED BY:



First 800 entrants will receive a moisture-wicking T-shirt!



ALL PROCEEDS BENEFIT: 

**Sanford B. Wanner Stadium**  
4725 Stadium Drive  
Williamsburg, VA 23188  
(ADDRESS IS NOT GPS COMPATIBLE)

**TRAVELING 1-64 EAST/WEST:**  
Take exit 234A to Route 199 East.  
Go 1 1/2 miles to Route 60 Richmond Road exit.  
At the bottom of the exit, turn left at stoplight onto Richmond Road (West)  
Go approximately 100 yards to 1st stoplight, and turn left onto Centerville Road.  
Go to 1st stoplight and turn left on Opportunity Drive  
Follow road 1/2 mile until you reach stadium.

FOR MORE INFORMATION OR SPONSORSHIP OPPORTUNITIES, CALL 757-645-2649