

All entrants must sign waiver (parent or guardian signature required if under 18)

Participant Race Package:

The first 150 registrants will receive a short sleeve T-shirt.

Race day entrants will receive T-shirts while supply lasts.

Awards:

- Top three overall female and male runners in the 5K
- Top three females and males in five year age groups from 14-and-under through 70+ for women and men
- Top three female and male walkers in the 5K

Refreshments: Post-race refreshments include: bagels, bananas, apples, oranges, sports drinks, and water.

Directions: The First Colony Clubhouse is located at 125 Pasbeheg Dr. **First entrance:** Directions from Route 199. Turn onto John Tyler Highway /VA-Route 5, travel 3.8 miles to Greensprings Rd. Turn left onto Greensprings Rd. Travel 0.6 mile turn right on to The Maine travel 0.2 mile turn right onto Pasbeheg. The park/pool and clubhouse will be on right.

Second entrance: Directions from Route 199. Turn onto John Tyler Highway/VA-Route 5, travel 4.0 miles to John Rolfe (this is the main entrance into the neighborhood). Travel down John Rolfe, to a left onto Pasbeheg, and follow Pasbeheg to the park/pool and clubhouse, which will be on your left side.

Alternative from Jamestown Road: From Route 199, take Jamestown Road west to a right onto 4-H Club Road (after Jamestown 1607), then take a right onto Greensprings Road. Take a left onto The Maine, and travel 0.2 mile and turn right onto Pasbeheg, to the First Colony Clubhouse.

About Virginia Regional Ballet, Inc.

Virginia Regional Ballet, Inc., is a nonprofit organization that sponsors the Virginia Regional Ballet Academy, whose purpose is to bring to the community an education and cultural program in dance. This year, VRB, Inc. hopes to raise enough funds to include a live orchestra for the annual "Nutcracker" performances at The Ferguson Center for the Arts in Newport News. Virginia Regional Ballet is dedicated to the continued improvement and enhancement of classical ballet technique, offering beginning through pre-professional training in all dance forms through a variety of classes and performance opportunities. Professionally trained and experienced teachers qualified to teach classical ballet, character, creative dance, jazz, tap, and modern are available at all levels. Scholarships are available for deserving students interested in dance.



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