



**SPONSORS**



# Colonial Beach, VA



Sundays 9/11, 9/18, 9/25, 10/02 & 10/09 @ 12 pm (10/23 Rain Date)

**Colonial Beach Public Schools**  
100 1st St  
Colonial Beach, VA 22443

DIVISION	DISTANCE
Pre-K 2/3yr	50 Yard Dash
Pre-K 4/5yr	75 Yard Dash
Challenger	75 Yard Dash
K & 1st	1/4 Mile
2nd & 3rd	1/2 Mile
4th & 5th	1 Mile
6th, 7th, 8th	1 Mile
9th, 10th, 11th, 12th	2 Miles

\*All races will be the same distances each week.

For more information, please contact  
Kady Stapp at 540.538.0500 or at  
ColonialBeachVA@healthykidsrs.org

**SCORING/DETAILS**

- Points based on finish
- Runners with the most points after final race win trophies
- Tech T-Shirts for Full Series Participants
- Medal for ALL runners at Week 5

**EARLY BIRD DISCOUNT**  
**\$40 FULL SERIES**  
FIVE WEEK SERIES\*  
UNTIL THREE WEEKS FROM START DATE

**\$45 FULL SERIES\***

**\$50 SAME-DAY WALK UP\***  
Cash/Check/Paper form

**\$10 SINGLE DAY**  
\*Registration is nonrefundable

## HEALTHYKIDSRUNNINGSERIES.ORG

Sign up online or mail this form with check payable to Healthy Kids Running Series at:

**Healthy Kids Running Series**  
383 Brinton Lake Rd.  
STE 1  
Thornton, PA 19373

As the parent or legal guardian of the children named, I hereby give my full consent and approval for my child or children to participate in the Healthy Kids Running Series. In addition to giving my full consent for my child's participation, I do hereby waive, release, hold harmless and forever discharge Healthy Kids Running Series, Pattison Sports Group, the Community Coordinator(s), its directors, board members, officials, staff, sponsors, supervisors, and representatives for any injury or illness that may be suffered by my child in normal cause of participation in the designated sport and the activities incidental thereto, whether paid damages, injury or loss due to negligence or not. I understand my Healthy Kids Running Series registration is non-refundable. In the event Healthy Kids Running Series does not take place due to severe weather, natural disaster, pandemic, acts of war, acts of God or force majeure, my child's registration will not be refunded. I understand that if Healthy Kids Running Series is unable to run or operate in-person due to national, state, or local mandates, Healthy Kids Running Series is permitted to transfer 100% of my registration fee into a comparable virtual program without issuing a refund. As it applies to my child's participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by Healthy Kids Running Series for my participation in this race. Additionally, I grant Healthy Kids Running Series permission to use my child's name, image, voice, and identity in any program for promotion of Healthy Kids Running Series including written materials, website materials on any and all Healthy Kids Running Series publication across the entire worldwide web including but limited to [www.HealthyKidsRunningSeries.org](http://www.HealthyKidsRunningSeries.org) and its sub domains, Facebook, Twitter, Instagram, YouTube, Snapchat, TikTok, Flickr, Pinterest, LinkedIn and any other unnamed form of social media, video, audio, or other forms without prior consent or compensation of any kind. Lastly, I, and my child or children, agree to abide by and uphold Healthy Kids Running Series' code of conduct, mission and core values. Participants, parents, spectators or any on-site individual acting in a way that doesn't uphold the code of conduct or HKRS' values will be asked to leave.

Participant Name \_\_\_\_\_ Gender **M F**

D.O.B \_\_\_\_\_ Phone \_\_\_\_\_ Special Needs **Y N**

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Parent/ Guardian Contact Name \_\_\_\_\_ Check No. \_\_\_\_\_ Cash (For HKRS Coordinator to fill) \_\_\_\_\_

**Sign Up for Entire Series or A Single Race**

Entire Series  Repeat/Upgrade

9/11  9/18  9/25  10/02  10/09

Grade Category	T-Shirt Size (Full Series Only):
<input type="checkbox"/> Pre-K 2yr	Youth Sizes
<input type="checkbox"/> Pre-K 3yr	<input type="checkbox"/> XS
<input type="checkbox"/> Pre-K 4yr	<input type="checkbox"/> S
<input type="checkbox"/> Pre-K 5yr	<input type="checkbox"/> M
<input type="checkbox"/> Challenger	<input type="checkbox"/> L
<input type="checkbox"/> Kindergarten	<input type="checkbox"/> Youth XL / Adult S
<input type="checkbox"/> 1st Grade	Adult Sizes
<input type="checkbox"/> 2nd / 3rd	<input type="checkbox"/> M
<input type="checkbox"/> 4th / 5th	<input type="checkbox"/> L
<input type="checkbox"/> 6th / 7th / 8th	<input type="checkbox"/> XL
<input type="checkbox"/> 9th / 10th / 11th / 12th	*Required by Parent

Signature of parent or guardian if under 18 years of age.

Date

**Colonial Beach, VA**  
Town Name