

GWDRC in Partnership with SHIP Invites All Area Youth to a Free 1 Mile

GLOW RUN & WALK

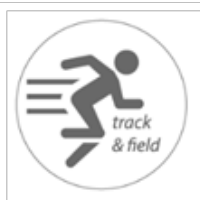
FRIDAY, NOVEMBER 16

Glow Run & Walk Under the Lights at the Jamestown High School Track!

Elementary and middle school students (K-8) are invited to come out to run or walk a fun mile. **Lights, glow sticks, and music** will be part of this festive event!

Meet at Jamestown High School on the track behind the tennis courts by the main parking lot. The event is free, but **parents are encouraged to register their students online at www.gwrun.org prior to the event.** Runners should wear running clothes and bring a water bottle. Timing will be provided for competitive 1 miles. Please time your own child as a back up.

Questions? Contact Mark Tompkins at MarkTompkins1@gmail.com



Time Schedule: (Rolling)

5:00 p.m. - Registration begins at the registration table by the JHS track entrance. Parents must sign a waiver for their child(ren) to participate. (Arrive 30 min. prior to intended event to sign up.)

5:45 p.m. - 1 Mile (Middle School Boys - Grades 5-8) (1-3 heats) (Competitive section) (Run the whole way)

6:00 p.m. - 1 Mile (Middle School Girls - Grades 5-8) (1-3 heats) (Competitive section) (Run the whole way)

6:15 p.m. - 1 Mile (Elementary School Boys - Grades 3-5) (Run the whole way)

6:30 p.m. - 1 Mile (Elementary School Girls - Grades 3-5) (Run the whole way)

6:45-p.m. - 400m Run (K-2nd Grade)

7:00 p.m. - Group Walk (open to all kids interested in walking or running slowly 1 mile as a fitness event rather than competitive event) - Non Competitive Event! (Not timed)

7:15pm - Event Concludes

Register Online at www.gwrun.org or on Race Day!

These materials, and the activity described herein, are not sponsored or endorsed by the Williamsburg James City County School Board.