



The Karene O'Hare / Bitsy Whitten  
Hare and Tortoise  
Ovarian Cancer Memorial Run  
at The Meadows



8K CRR Grand Prix • 5K Run / Walk • 1 Mile Fun Run  
A Colonial Road Runners Event

**Date:** Saturday, September 21, 2024

**Location:** parking at Jamestown Settlement  
2110 Jamestown Rd  
Williamsburg, VA 23185

**Race Day registration & packet pick up:** 7:00 am

**1-Mile Fun Run:** 8:00 am

**8K Run & 8K Walk:** 8:30 am

**5K Run/Walk, 5K Competitive Walk:** 8:40 am

**Race Directors:**

Jim Elder, (757) 869-6724 [jim@colonialsportscustom.com](mailto:jim@colonialsportscustom.com)  
Nick Lucchetti, (757) 810-4536 [nlucchetti@jriarchaeology.com](mailto:nlucchetti@jriarchaeology.com)

**CRR Race Coordinator:**

Rick Platt, (757) 345-1431  
[rickplatt14@gmail.com](mailto:rickplatt14@gmail.com)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Street Address \_\_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

I'm an Ovarian Cancer Survivor



T-shirt graphic from 2023

Item	Fee	Cost
8K Run/Walk <i>or</i> Competitive Walk ←(circle one)	\$40.00	
Virtual 8K Run/Walk (includes \$9 race shirt shipping fee)	\$49.00	
5K Run/Walk <i>or</i> Competitive Walk ←(circle one)	\$35.00	
Virtual 5K Run/Walk (includes \$9 race shirt shipping fee)	\$44.00	
1-Mile Fun Run	\$20.00	
<b>Pre-registration ENDS August 25, 2024</b> <b>Add \$5 if registering <i>after</i> this date</b>	\$5.00	
Race Shirts guaranteed to first 200 registrants. Please choose size:		
Small Shirt	\$0.00	---
Medium Shirt	\$0.00	---
Large Shirt	\$0.00	---
X-Large Shirt	\$0.00	---
2X-Large Shirt	\$2.00	
<b>Total Cost</b>	<b>NO REFUNDS</b>	\$

**Make checks payable to:** Williamsburg Community Foundation

**Mail check and entry form to:** Williamsburg Community Foundation  
Attn: Karene O'Hare/Bitsy Whitten Ovarian Cancer Memorial  
1323 Jamestown Rd, Suite #103, Williamsburg, VA 23185

**Waiver:** I understand that running/walking 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 this run. I assume all risk associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and humidity, traffic and the conditions 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 Colonial Road Runners, Colonial Sports, James City County, the Williamsburg Community Foundation, and all sponsors, their representatives and successors from all claims of liabilities 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, recordings or any other record of this event for legitimate purposes. This is a road race under the rules of RRCA and USATF. **No partial or full refunds.**

Signature (Parent or Guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**ALL ENTRANTS MUST SIGN WAIVER**

For more information: [www.HareAndTortoiseRunWalk.com](http://www.HareAndTortoiseRunWalk.com)