



*Run for the Dream*™

**Half Marathon,  
8K Run / Walk  
and Kids Fun Run  
May 19-20, 2012**



May 19, 2012

Dear Friends,

On behalf of An Achievable Dream, I am very proud to welcome the athletes, their families and friends, and running enthusiasts to the 2<sup>nd</sup> Annual Run for the Dream Half Marathon and 8K in beautiful Williamsburg, Virginia. With the combination of an historic and picturesque course, an experienced race team and the energy of the thousands of visitors who have come to town, we look forward to an unforgettable weekend. I extend a special welcome to participants in the 2012 USA Masters 8 km Championships and Wounded Warrior teams from Achilles Freedom Team and Warfighter Sports USA.

The Run for the Dream is a true community partnership, and we would not be here today without the generous support of the City of Williamsburg, the Greater Williamsburg Chamber & Tourism Alliance, the National Park Service and our many partners in Williamsburg and the Hampton Roads area. Thank you to title sponsors TowneBank, Colonial Williamsburg, the College of William & Mary, and Busch Gardens for your dedication to this event. Many other sponsors, too numerous to mention in this letter, also have our heartfelt thanks. And, of course, we could not produce a successful event without the help of volunteers who have worked countless hours and run many miles themselves. Thank you. We could not do it without you.

Best of Luck!

A handwritten signature in black ink, appearing to read 'Walter Segaloff', written over a horizontal line.

Walter Segaloff  
CEO and Founder, An Achievable Dream  
Visionary and Founder, Run for the Dream





# 2012 Schedule of Events

## Friday, May 18, 2012

Noon–8 PM Expo & Packet Pick-up, Williamsburg Woodlands Conference Center  
109 Visitor Center Drive, Williamsburg

## Saturday, May 19, 2012 – Armed Forces Day

8 AM Fit to Run, Fit to Dream 8K Run/Walk, starting line at Phi Beta Kappa Hall  
601 Jamestown Road

2012 USA Masters 8 km National Championships

8:30 AM – 12 PM Post-Race Bash, William & Mary's Sunken Garden

9:30 AM Awards Ceremony: 2012 USA Masters 8 km National Championships

10 AM Awards Ceremony: Run for the Dream 8K Run/Walk

10 AM **Kids Fun Run** (ages 14 and under)  
The College of William & Mary's Zable Stadium, 110 Stadium Drive



Fun Run participants may choose one of the following distances:

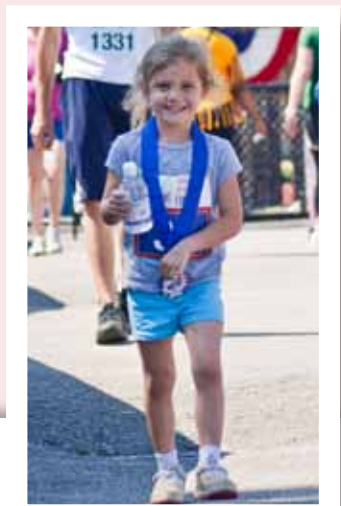
- 100 meter sprint
- 400 meter dash – one lap around the track
- Mile Run - one mile course exits the stadium onto William and Mary's campus, loops around the campus and re-enters through the tunnel just like the 8K and half marathon! The Mile Run course takes place entirely on closed campus roads within William and Mary. Course marshals and police officers will be present to ensure the safety of all participants.

All participants in Fun Run races will receive a t-shirt, runner's bib and finisher medal!

10 AM–5 PM Expo & Packet Pick-up, Williamsburg Woodlands Conference Center  
109 Visitor Center Drive, Williamsburg

8 PM **Salute to the Nation**, Colonial Williamsburg's Palace Green  
Hosted by Actor Joe Mantegna and featuring the U.S. Army's Old Guard Fife and Drum Corps, this special program highlights the unique spirit and identity of America with music, storytelling and fireworks. Afterward, join the Military Tattoo of fifes and drums from around the nation as they parade from the Palace Green to the Colonial Capitol.

No ticket required. Bring the family, pack a picnic and enjoy!



## Sunday, May 20, 2012

7:00 AM Run for the Dream Half Marathon, starting line at Phi Beta Kappa Hall  
601 Jamestown Road

9 AM–1 PM Post-Race Bash, William & Mary's Sunken Garden

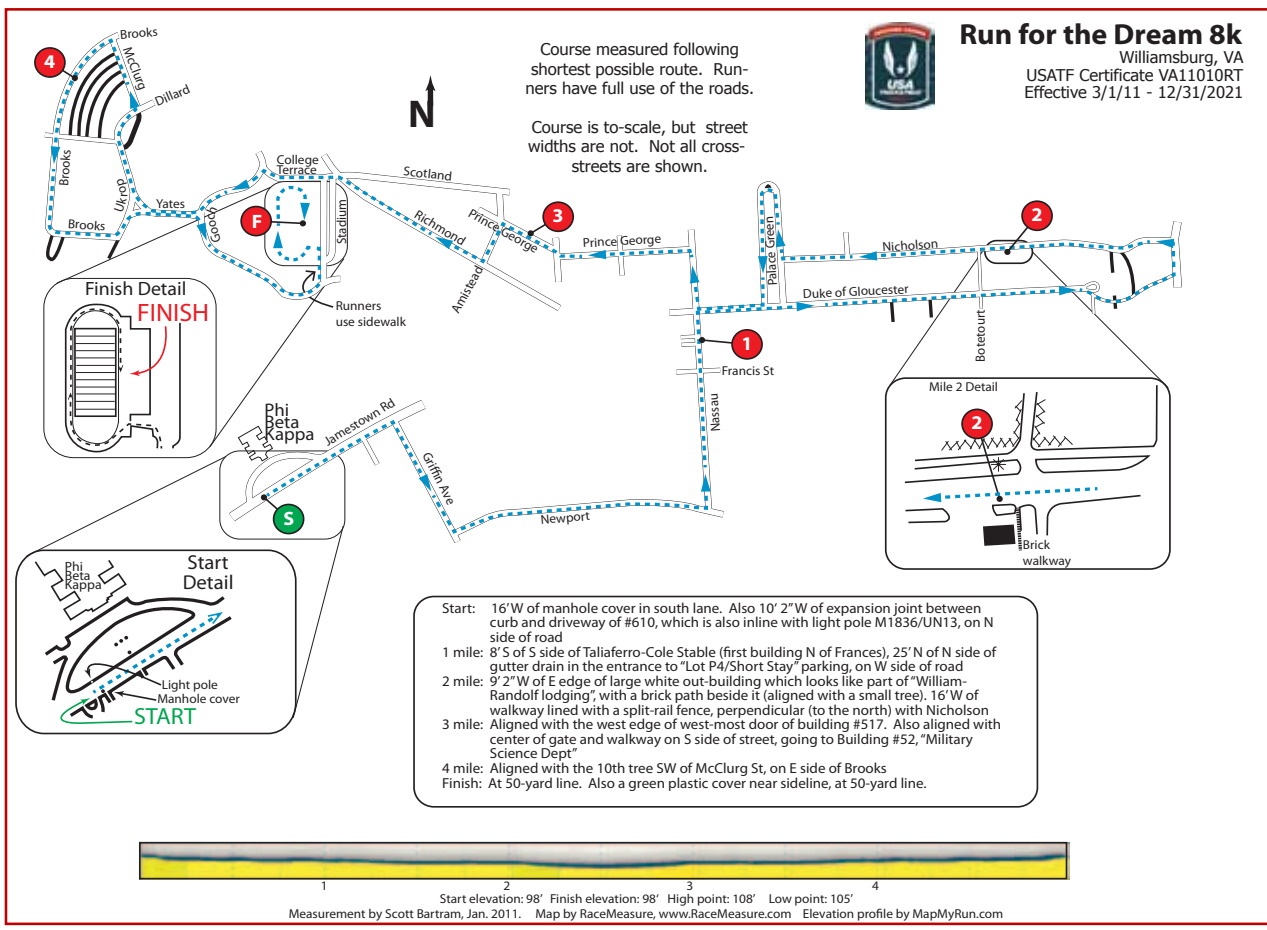
9:30 AM Awards Ceremony: Run for the Dream Half Marathon

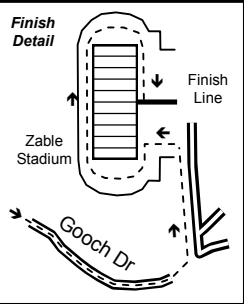
# Course Map



## KEY

- - - - RUN FOR THE DREAM, HALF MARATHON  
Sunday, May 20, 2012
- FIT TO RUN, FIT TO DREAM 8K RUN/WALK  
Saturday, May 19, 2012
- Start of the Race
- End of the Race
- First Aid
- Water Stations**
- Half Marathon
- 8K

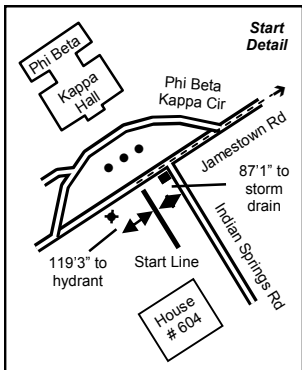
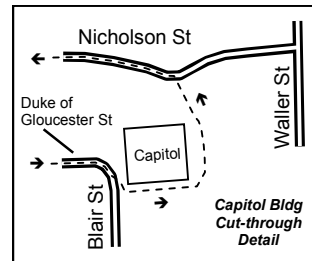
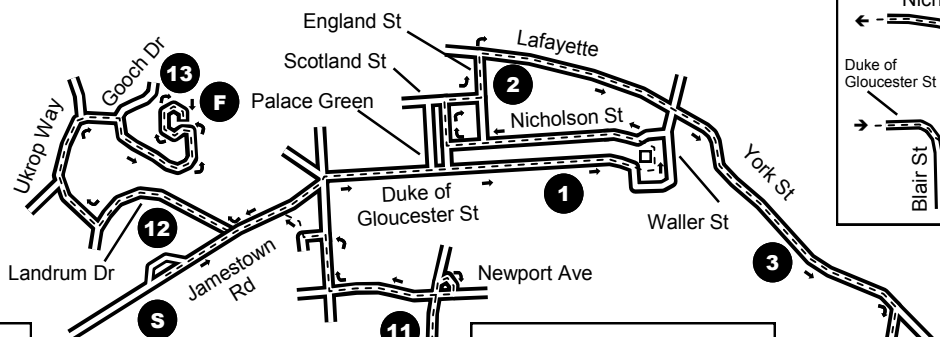




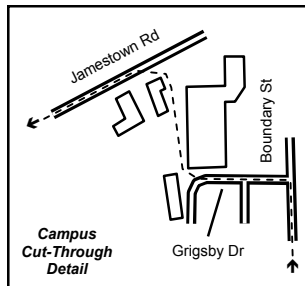
**Finish:** 50-yard line at inside lane of track, on east side of Zable Stadium, in line with green plastic utility cover in astro turf.

# Run for the Dream Half Marathon

VA11054RT - Williamsburg, VA  
Effective 11/20/2011 - 12/31/2021  
Measurement and Map by Pam Garrett



**Start:** Marked with PK Nail on southeast side of Jamestown Rd, located at center expansion joint of driveway at #604 Jamestown Rd, aligned with center door of Phi Beta Kappa Hall, center flag pole. 119'3" northeast of hydrant located on southeast side of Jamestown Rd. OR 87'1" southwest of western edge of storm drain in sidewalk at southwest corner of Jamestown Rd and Indian Springs Rd.



Note: Map not to scale. Not all intersecting roads displayed on map.

**Mile 1:** 69'3" east of fire hydrant, located on south side of Duke of Gloucester St, in front of "James Anderson House" (placard located on front west corner of house), between Colonial St and Botetourt St.

**Mile 2:** 65'3" north of north side of storm drain, located on east side of England St, between Lafayette St and Scotland St, also between unnamed Colonial Williamsburg Visitor Center bus route streets.

**Mile 3:** 166'9" southeast of centerline of manhole cover on southwest side of York St, in front of main entrance to hotel at 351 York St.

**Mile 4:** 162'3" south of hydrant at south end of guardrail, located on west side of Quarterpath Rd, north of entrance to Redoubt Park.  
**Mile 5:** 145'10" west of first speed limit sign, located on north side of Rt 199, west of Quarterpath merge lane onto Rt 199. OR 310'1" west of street light post, located on northwest corner of Quarterpath merge lane onto Rt 199.

**Mile 6:** 230'11" south of southernmost cornerstone of Rt 199 bridges over Colonial Parkway, located on east side of Colonial Parkway.

**Mile 7:** 58'9" south of south side of water runoff trough, located on east side of Colonial Parkway, south of Halfway Creek Bridge. OR 179'9" south of the southern end expansion joint of Halfway Creek Bridge.

**Mile 8:** Located after turn-around. 137'4" south of storm drain on west side of Colonial Parkway, located in grass median of first parking area south of College Creek bridge.

**Mile 9:** 172'12" north of concrete post labeled "K25", located on west side of Colonial Parkway, north of Halfway Creek Bridge.

**Mile 10:** 247'7" north of first "Do Not Pass" sign, located on west side of Colonial Parkway, north of the Rt 199 bridges. OR 389'2" north of north edge of water runoff trough, located on west side of Colonial Parkway, north of the Rt 199 bridges, across from "Do Not Pass" sign located on east side of Colonial Parkway.

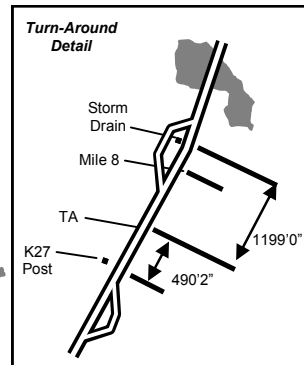
**Mile 11:** 209'9" south of southernmost cornerstone of Newport Ave bridge over Colonial Parkway, located on east side of Colonial Parkway.

**Mile 12:** At cylindrical "FDC" hydrant, located next to storm drain and in middle of paved walkway to entrance to 540 Landrum Dr.

**Mile 13:** North 42-1/2 yard line at inside lane of track, on west side of Zable Stadium.

### Turn-Around References:

#1 = 490'2" north of concrete post labeled "K27", located on west side of Parkway, near 2nd parking area south of College Creek bridge.  
#2 = 562'4" south of yellow pedestrian crossing sign, located on east side of Parkway, between parking areas.  
#3 = 1199' south of storm drain on west side of Parkway, located in grass median of first parking area south of College Creek bridge.



### Runner Restrictions Right Lane Only:

Lafayette St, York St & Rte 199.

**Colonial Pkwy between Rte 199 & turn-around:** East side of road before turnaround (Southbound), west side of road after turnaround (Northbound), cones along center line.

**Right edge of road:** Newport Ave  
**Coming out of the campus cut-through between Grigsby Dr & Jamestown Rd:** Cross immediately to northwest side of Jamestown Rd, starting at crosswalk.

# Take on the Patriots Challenge!

In 2011, several runners self-imposed the challenge to run both the 8K and half marathon, totaling 18.07 miles in a two-day period. This impressive display of initiative, determination and spirit is best embodied by the Colonial patriots, the men and women of the American Colonies who banded together and overthrew an empire.



How to meet and complete the Challenge!

1. Register for both the 8K and the half marathon.
2. After the 8K on Saturday, head to the Patriots Challenge tent at the Post-Race Bash to verify your finisher time. You will receive a wristband indicating your completion of the first leg of your journey.
3. On Sunday morning, the race announcer will have a list of all Patriots Challenge bib numbers and will keep an eye out for you at the finish line to show you the proper respect. Wear that wristband proudly!
4. After finishing the half marathon, head to the Patriots Challenge tent to verify your finish time and receive your Patriots Challenge medal! This will be the first year this special medal is offered, so don't miss out on the chance to start your streak.

***The challenge has been made, the gauntlet thrown down — are YOU a Patriot??***

## The Dream Team Campaign

THANK YOU to the hundreds of honorary "Dreamers" who participated in our 2012 Dream Teams campaign to raise funds to support An Achievable Dream and Wounded Warriors!! Designed to promote team-building and healthy living, Dream Teams are fundraising teams comprised of motivated individuals that strive to reach a contribution goal.



They can be a team of one, a small collection of friends or work peers, or an entire company. The team members set personal goals that add to their team's success. For more info, visit [www.RunForAchievableDream.com/DreamTeams](http://www.RunForAchievableDream.com/DreamTeams).

### 2012 Dream Teams

185 For Heroes  
Achievable Dreamers  
All Stars (MBP)  
Arkansas Dream Team  
Ceres Concepts  
Colonial Cannons  
Daily Press  
DPS Dynamos  
Fine Lines Personal Training  
Grid Iron Go Getters  
Lisa's Dream Team  
Paul's Dream Team  
Person First  
Registration & Expo Dream Team

Smithfield Dream Team  
Team Hampton Roads Academy  
Team McKinney  
Texas Dream Team  
Tiger Martial Arts Academy  
Top Gunners  
TowneBank – Directors  
TowneBank – Chesapeake Chargers  
TowneBank – Cross Country Team  
TowneBank – Mortgage Marchers  
TowneBank – Norfolk Knockouts  
TowneBank –  
Peninsula Running on Empty

TowneBank – Post Bash Team  
TowneBank – TFA Benefits  
TowneBank –  
Towne Investment Group  
TowneBank – Virginia Beach  
TowneBank –  
Volunteering for the Dream  
Truffle Shuffle  
Victory for Vets  
Whiskey Warriors  
Williamsburg Landing



# 2012 USA Masters 8 km National Championships Information and Prize Purse Breakdown

The Fit to Run, Fit to Dream 8K is held in partnership with USA Track & Field (USATF) as part of the Masters Championships series. USATF is the National Governing Body for track & field, long-distance running and race walking in the United States. USATF encompasses the world's oldest organized sports, the World's #1 Track & Field Team, the most-watched events at the Olympics, the #1 high school and junior high school participatory sport and more than 30 million adult runners in the United States: [www.usatf.org](http://www.usatf.org).

## 2012 USA Masters 8 km National Championships \$10,800 Prize Purse

### OVERALL USATF MASTERS FINISHERS

Men		Women	
1st	\$500	1st	\$500
2nd	\$300	2nd	\$300
3rd	\$200	3rd	\$200

### TOP 5 AGE-GRADED USATF MASTERS FINISHERS

Men		Women	
1st	\$700	1st	\$700
2nd	\$450	2nd	\$450
3rd	\$300	3rd	\$300
4th	\$200	4th	\$200
5th	\$100	5th	\$100

### 2012 USA MASTERS 8 KM CHAMPIONSHIP WINNING PERFORMANCES IN EACH 5-YEAR MASTERS AGE GROUP (40-44, 45-49,...85-89)

Men		Women	
1st	\$100	1st	\$100

### WINNING USATF MASTERS

Men's Teams	
40+	\$250
50+	\$250
60+	\$250
70+	\$250
80+	\$250

### WINNING USATF MASTERS

Women's Teams	
40+	\$250
50+	\$250
60+	\$250
70+	\$250
80+	\$250

Williamsburg, VA

### RUNNER-UP USATF MASTERS

Men's Teams	
40+	\$100
50+	\$100
60+	\$100
70+	\$100

### RUNNER-UP USATF MASTERS

Women's Teams	
40+	\$100
50+	\$100
60+	\$100
70+	\$100

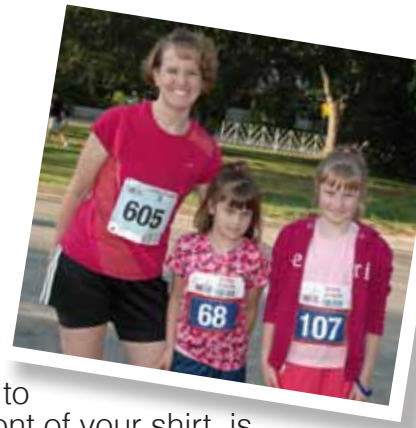
# Runner Information

## AWARDS CEREMONIES

Saturday, 9:30 AM: 2012 USA Masters 8 km Championships  
10:00 AM: Fit to Run, Fit to Dream 8K Run/Walk  
Sunday, 9:30 AM: Run for the Dream Half Marathon

## BIB NUMBERS AND CHIP TIMING

Please attach all four corners of your race bib to the front of your shirt using the supplied safety pins to receive an accurate time AND so photographers can identify you in race photos. Your timing chip (called a "B-tag") is attached to the back of your bib. Please make sure that your bib is clearly visible on the front of your shirt, is unaltered and unmodified (do not fold or wrinkle), and does not become covered by a jacket, belt, water bottle, etc. You will receive an email from Granite State Race Services no more than three hours after the completion of your race with detailed time and placement information.



## CORRALS

Runners are instructed to line up by bib number in the appropriate corral on race morning. Bib numbers are assigned based upon the expected pace that you entered when you registered. If you feel that your pace will be slower than you anticipated, please move back to a slower corral.

## FAMILY REUNION AREA

Family members and friends may meet runners in the Sunken Garden, site of the Post-Race Bash.

## FINISH LINE AND FINISHER MEDALS

The Finish Line is located on the track at Zable Stadium, right on the 50-yard line. Upon crossing the Finish Line, runners will be given a medal by An Achievable Dream student and soldiers from Ft. Eustis. For the safety of all participants, upon crossing the Finish Line, we ask that runners exit the area and follow signs to the post-race refreshments.

## GEAR CHECK

Gear Check Service will be available each morning near the start line at the school buses located on Phi Beta Kappa Circle. If you plan to use our Gear Check Service, please use a closeable bag, such as a small duffle or backpack, with a zippered or drawstring closure. Stow your gear in your bag and use the tear-off label attached to your race bib as your gear tag. Drop it off at the bus window labeled with your corresponding bib number. The buses will move to the Finish Line once the race starts. The service is available from 6–10:30 AM Saturday or noon Sunday at which point remaining items will be moved to the Post-Race Bash information tent. Please keep the bag size to 16" x 20" or less. Due to limited space, Gear Check cannot accept suitcases or large bags. Please do not check valuables. We are not responsible for clothing or personal items left or forgotten. All unclaimed items will be donated or discarded after the race.



## LOST & FOUND

All lost and found items, excluding discarded clothing along the course, will be taken to the Information Tent located in the Sunken Garden. Following the Post-Race Bash, any unclaimed clothing will be donated to charity.

## MEDICAL INFORMATION

All runners should complete the medical information form on the back of their bib. Please call or ask a course volunteer to call 911 if you are in need of immediate medical assistance. EMS personnel will be patrolling the course, and a First Aid Tent is located on the Colonial Parkway. Post-race medical services will be available on the track of Zable Stadium and in the Medical Tent in the Sunken Garden.



## PACKET PICK-UP & RACE EXPO

Come to the Race Headquarters to pick up your runner packet before the race, and then check out the Run for the Dream Race Expo. Vendors will offer sports and fitness apparel, footwear, equipment and accessories. The Expo is free and open to the entire family!

Friday, May 18: 12 PM–8 PM  
Saturday, May 19: 10 AM–5 PM

Williamsburg Woodlands Conference Center  
109 Visitor Center Drive  
Williamsburg, VA 23185

## PARKING AND SHUTTLE INFORMATION

Runners are encouraged to park at the Colonial Williamsburg Visitors Center. Shuttle busses will begin transporting runners to an area near the Start beginning at 6:00 AM Saturday and 5:00 AM on Sunday. Runners may use the Colonial Williamsburg transportation system for rides back to the Visitor's Center following the race. The Bus Stop is conveniently located just blocks from the Post-Race Bash. Walk to the east end (away from the runner entrance) of the Sunken Garden towards Colonial Williamsburg. Head one block down Duke of Gloucester Street and turn right at North Henry Street. The bus stop, located at the "Tickets & Information" building, will be on your left.



## POST-RACE BASH

Join us for a festive Post-Race Bash in the Sunken Garden. The Garden is located near the Finish Line. Bring your family and friends to enjoy live music, vendors, a beer garden and barbecue. Runners eat free; however, there is a small charge for family and friends. Proceeds will be donated to the race charities.

## RACE PHOTOS

Action Sports Images will be taking runner photos along the course and at the Finish Line. Be sure to wear your bib number where it can be seen and smile for the cameras. Photos will be available for purchase at [www.actionsportsimages.com](http://www.actionsportsimages.com) after the race.



## SAFETY

Bicycles, motorized scooters, inline skates, skateboards, strollers and animals of any kind are prohibited on the course. Headphones are not prohibited, but are discouraged due to announcements that may be necessary on the course to ensure your safety. Please be aware of your surroundings at all times.

## SPECTATOR INFORMATION

Cheer on your friends and family! Join them at the start line on Jamestown Road for a moving rendition of the National Anthem, or line the streets in Colonial Williamsburg's Historic Area for a great view of the runners along the course. No matter where you start, be sure to get to William & Mary's Zable Stadium for the historic photo finish on the track! Afterwards, join runners for the Post-Race Bash in William & Mary's Sunken Garden for barbeque, live music and family fun.

# Information on the Charities



**Achievable Dream**  
ACADEMIES

An Achievable Dream (AAD) is a non-profit organization that operates two nationally recognized K-12 schools in partnership with the Newport News, Virginia public school system. Dedicated to the belief that all children can learn and succeed regardless of their socioeconomic background and that education can break the cycle of poverty, AAD offers a quality education in a nurturing environment, the opportunity to develop meaningful relationships with caring adults, and the chance to take part in engaging enrichment activities during both the academic day and hours spent outside of school. An Achievable Dream Academy and Middle & High School go beyond academics to provide students with a comprehensive SAME (Social, Academic and Moral Education) curriculum, to develop productive citizens upon graduation. [www.AchievableDream.org](http://www.AchievableDream.org).

## VIRGINIA WOUNDED WARRIOR PROGRAM



The Virginia Wounded Warrior Program (VWWP) was established in 2008 in response to the growing need to improve and expand services to Virginia veterans and their family members whose lives

have been touched by stress-related injuries or traumatic brain injury. Virginia is home to approximately 820,000 veterans, one in every ten citizens. VWWP is dedicated to helping Virginia veterans and their families build resilience and cope with the challenges posed from a stress-related injury or traumatic brain injury. The organization works through five regional consortia of community services boards, brain injury service providers, and other public and private service providers who offer services across the Commonwealth. [www.WeAreVirginiaVeterans.org](http://www.WeAreVirginiaVeterans.org).



## ACHILLES FREEDOM TEAM OF WOUNDED VETERANS

The Achilles Freedom Team of Wounded Veterans was founded in 2004 for veterans disabled in the wars in Iraq and Afghanistan. The team now includes veterans injured in previous conflicts, including the Vietnam and Korean wars. The Freedom Team is

a branch of Achilles International, Inc., a non-profit organization founded in 1983 by amputee marathoner Dick Traum that encourages people with disabilities to participate in running with the general public. Achilles is a worldwide organization with over 65 locations in the United States and abroad. Achilles staff members visit Walter Reed Army Medical Center in Washington, DC, monthly to work with recreational, physical and occupational therapists to introduce running or hand-cranking to recently wounded veterans and to recruit athletes for races. Members set goals, train in hand crank wheelchairs or on their prosthetics, and compete as a team in mainstream road races and marathons around the country and internationally. Achilles provides training, adaptive equipment, apparel, travel, lodging and race entry fees and also covers the expenses for family members of the veterans to travel with the team so that they may share in their athlete's accomplishment. More than 400 vets have been introduced to marathon racing as part of their rehabilitation. Team members report a renewed sense of confidence, achievement and optimism for the future and experience the many health benefits of regular physical activity. [www.AchillesInternational.org/programs/freedom-team](http://www.AchillesInternational.org/programs/freedom-team).



Warfighter Sports, a program of Disabled Sports USA, offers sports rehabilitation programs for severely wounded warriors in military hospitals and communities across the U.S. through a nationwide network of over 100 community-based chapters. Since 1967, Disabled Sports USA has proudly served wounded warriors, offering over 30 winter and summer sports at more than 100 events each year. Warfighter Sports

rebuilds lives through sports by improving self-confidence, promoting independence and uniting families through shared healthy activities. Contributions cover all expenses for participation, including individualized adaptive instruction, adaptive sports equipment, transportation, lodging and meals for the warrior and a family member. Since 2003, more than 4,800 of the most severely wounded and their families have been served, including those with amputations, traumatic brain injury, spinal cord injury, visual impairments, and significant nerve and muscle damage. [www.WarfighterSports.org](http://www.WarfighterSports.org).

# Visiting Williamsburg

## Busch Gardens & Colonial Williamsburg Tickets and Discounts!

Runners who reserved their free Busch Gardens Park pass as one of the first 3,000 half marathon registrants will receive their ticket and meal voucher when they pick up their race bib. Busch Gardens has created an online discount code for registered runners who would like to purchase additional tickets at 15% off, which will be included in swag bags. Tickets must be purchased online using this code. Note that the tickets must be used during race weekend (May 18–20, 2012).

Free Colonial Williamsburg historic area passes will also be distributed at the Race Expo, as well as a 20% discount coupon to purchase additional tickets for family and friends at the Colonial Williamsburg Visitors Center. These are single-day passes valid May 19–20, 2012.

## Salute to the Nation

Colonial Williamsburg will present *Salute to the Nation* at 8 PM on Saturday, May 19 on the Governor's Palace Lawn in the Historic Area. Hosted by actor Joe Mantegna and featuring the U.S. Army's Old Guard Fife and Drum Corps, this special program highlights the unique spirit and identity of America with music, storytelling and fireworks. Afterward, join the Military Tattoo of fifes and drums from around the nation as they parade from the Palace Green

to the Colonial Capitol. No ticket required. Bring the family, pack a picnic and enjoy!



## Thank you

to our sponsors for their generous support and enthusiasm. Many thanks to the numerous **volunteers** who made the Run for the Dream a reality. While too many to mention in this limited space, please know that we appreciate all that you've done to make the 2<sup>nd</sup> Annual Run for the Dream a tremendous success! We couldn't have done it without you!

### Organizing Committee

Kelly Cannon,  
Director, Run for the Dream  
Daniel Ballin, Medical Services  
Karen Corl, Registration  
Lauren Garner, Post-Race Bash  
Caitlin King, Ambassadors  
Larua Lenz, Water Stations  
Dan Powell, Course Safety  
Marcie Renner, Expo, An Achievable Dream  
Amy Ritchie, Media, An Achievable Dream  
Tyler Sherwin, Volunteer Director  
Kalyne Wilson, Girl Scout Liaison  
Karen Wilson, Girl Scout Liaison  
Zack Wittkamp, Volunteer Director

### DMSE Staff

Dave McGillivray, Race Director  
Ron Kramer, Operations Director  
Matt Auger  
Robert Barnaby  
Michael Barry  
Timothy Barry  
Andrew Deschenes  
Mike Ferrini  
Michael Gasbarro  
Michael Giallongo

Howard Kramer  
Christopher Lane  
Jacques Leduc  
Lawrence Murphy  
Robert Myette  
Aaron Nemzer  
Kavan O'Connor  
Alan Steinberg

### An Achievable Dream Staff

Walter Segaloff, Founder and CEO  
Kathy Edwards, COO  
Helen Myers, CFO,  
Director of Finance Administration  
Kelly Cannon, Director, Run for the Dream  
Alice Franklin, Office Manager  
Hilary Gordon, Database Specialist  
Alex Marrs, Race Operations  
Amanda Morin, Accounting Manager  
Marcie Renner, Development/Grants Manager  
Amy Ritchie,  
Director of Public Relations & Marketing  
Lee Vreeland,  
Director of Education and Student Services  
C. Renee Ward, Administrative Assistant  
Kelly Wesley, Logistics Manager





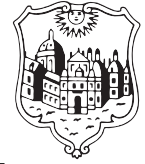
# Thank You!

Many thanks to the City of Williamsburg, the Greater Williamsburg Chamber & Tourism Alliance, Spivey Rentals, and the National Park Service for your commitment and vision.

## TITLE SPONSORS



Colonial Williamsburg



WILLIAM & MARY



## FIT TO RUN, FIT TO DREAM 8K SPONSORS



## WOUNDED WARRIOR SPONSORS



## MEDIA SPONSORS



## WATER STATIONS



## LOGISTICS



## FINISH TENT



## POST-RACE BASH SPONSORS



## HOST SPONSORS

