



Fox Hill Community 5K

Saturday, June 2, 2012
Gosnold's Hope Park, Hampton, VA



Purpose- Provide a healthy opportunity for local places of worship to work together and support their community.

Starting Time and Place

8:30 a.m. (5k) Langley Elementary School
16 Rockwell Drive
Hampton, Virginia 23669

8:00 a.m. (Fun Run for ages 12 & under)

Course

5K run through Gosnold's Hope Park. Note- some of the course is run on a grass path and some mud could be encountered if it rains.

Entry

\$15 for 5K and \$10 for fun run early registration received by 19 May 12.

Late and race day registration \$20/5K and \$15/1 mile.

Checks payable to: Langley Christian Church
Mail to: LCC C/O Fox Hill Community 5K
175 Fox Hill Rd
Hampton VA 23669

PTC race passes accepted. No refunds, exchanges or transfers. Race will be held rain or shine. Runners and walkers are welcome. First 200 entrants guaranteed a race t-shirt.

Awards

Top 3 overall male & female finishers; top 3 in each age group (13 and <, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and >)

Finish line results and race support provided by the Peninsula Track Club.

Race Information

Rich Bowen, Race Director
(757) 850-8846 e-mail: foxhill5K@yahoo.com
Download flyers at these websites:
langleycc.org www.peninsulatrackclub.com

Directions

I 64 exit 263B onto Mercury Boulevard heading East. Take exit for King Street and make a left onto King Street. Follow King Street to Little Back River Road and take a right. The park is approximately 3 miles on the left.



ENTRY

Fox Hill Community 5k

Event: ☐ 5K ☐ Fun Run

T-Shirt Size: (Circle One) S M L XL XXL
(Youth) M L

First Name (Please Print) _____ MI _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____ e-mail _____

Age on Race Day _____ Date of Birth ____/____/____ Gender ☐ M ☐ F PTC ☐ Y ☐ N

Waiver: I know that running a road race is a potentially hazardous activity, which could cause injury or death. I should not enter and run unless I am medically able and properly trained and by my signature, I certify, that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decisions of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event including, by not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release City of Hampton, Hampton City Schools, Langley Christian Church, Peninsula Track Club and Road Runners Club of America, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Runner Signature _____ Date _____

Parent/Guardian (if under 18) _____ Date _____