



Fox Hill Community 5K

Saturday, June 1, 2013

Gosnold's Hope Park, Hampton, VA



Purpose- Provide a healthy opportunity for local places of worship to work together and support their community. Race supports Hampton Ecumenical Lodging Program (H.E.L.P.)-Helping Hampton's homeless.

Pre-Race

e Packet Pick-up : Friday, May 31, 6-8 p.m.

Langley Christian Church
175 Fox Hill Rd., Hampton

Starting Time and Place

7:15-8:15 a.m. Race Day Registration/ Packet Pick-up

8:00 a.m. (1 Mile Fun Run for ages 12 & under)

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

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

\$20 for 5K and \$10 for fun run early registration received by 17 May 2013.

Late and race day registration \$30/5K and \$10/1 mile.

Checks payable to: **Mail to:**

LCC C/O Fox Hill Community 5K
175 Fox Hill Rd
Hampton VA 23669

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.peninsulatracclub.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.

PTC race passes accepted. No refunds, exchanges or transfers. Race will be held rain or shine. Runners and walkers are welcome. T-shirts guaranteed for all pre-registered runners and race day as supplies last.

ENTRY

Fox Hill Community 5k

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

Event: ☐ 5K ☐ Fun Run

(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, 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** _____