



5TH Annual

5K WALK/RUN

TO SUPPORT MENTAL HEALTH CARE IN HAMPTON ROADS

September 28, 2019 • 8:30am start



Towne Bank University 6009 Harbour View Blvd., Suffolk, VA 23435

A Charity Race with all profits supporting improved mental health care in Hampton Roads

- Entry fee:** Individuals: \$25 online, \$30 on race day;
Teams: \$20 each for members signing up as a running team of 4 or more individuals
- Awards:** New Course Record (current record 18:37) \$100 Running Etc gift card. Running Etc gift cards for the first 3 finishers in each 10 year age bracket starting with 10 to 19 yo bracket.
- Course:** Flat fast course with scenic views of the Harbour View neighborhoods, golf course, and lakes.
- Registration:** RunSignUp.com or same-day registration at 7:30 a.m. at Towne Bank University
- Packet pick up:** Race Day: Saturday, September 28th at 7:30 a.m.
Town Bank University, 6009 Harbour View Blvd., Suffolk, VA 23435
- Inclement Weather:** Applicant acknowledges that they will be participating in a charity outdoor event, which may be subject to sudden changes in weather, which may result in race delay or cancellation. No refunds will be offered.
- Safety:** This is an open course and vehicle traffic is possible on the course.
- Time Limits:** All participants need to be off the course by 9:45 am.

Register Online:
goo.gl/fXj2Fc

