



# Fox Hill Community 5K

Saturday, June 3, 2023/ 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 and Provisions program (H.E.L.P.) - Helping Hampton's homeless**

### Starting Time and Place on Race Day

Gosnold Hope Park (River Birch: Large shelter closest to school)  
901 E Little Back River Rd  
Hampton, Virginia 23669

7:00-8:15 a.m. Race Day Registration/ Packet Pick-up  
8:00 a.m. 1 Mile Fun Run  
8:30 a.m. 5K

### Race Information

Rich Bowen, Race Director  
(757)477-7589 e-mail: [rfbowen@cox.net](mailto:rfbowen@cox.net)

### 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.*

### 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, 60-64, and 65 >). **Walker category-** top 3 male/female walkers.

### Entry-Early Registration

\$25 for 5K/ \$15 for fun run received by **May 22**

**Pre Race packet pickup at church: Friday June 2, 5:00-7 P.M.**

**Make checks payable to:** Langley Christian Church  
175 Fox Hill Rd.  
Hampton, VA, 23669

Register online at [runsignup.com](http://runsignup.com) (search for Fox Hill Community 5K)  
*Online registration ends June 1*

**Late and race day registration-** \$35/5K & 12/ fun run.

Finish line results and race support provided by the PTC.

PTC race passes accepted. No refunds, exchanges or transfers. Race will be held rain or shine. T-shirts guaranteed for all **EARLY** registered runners. All late and race day as supplies last.

**ENTRY FORM**

Fox Hill Community 5K

T-Shirt Size: (Circle One) S M L XL XXL(+\$2)

Event:  5K  Fun Run  Walker

(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 \_\_\_\_\_