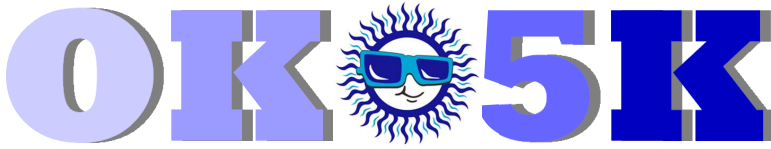


# eggleston



## Saturday, June 6, 2015 Virginia Wesleyan College 5K Run and Mile of Fun

Celebrating 60 years of service, Eggleston is committed to our mission of creating training, education and employment opportunities for adults with disabilities. Eggleston envisions a community which values the abilities of all persons, and endeavors to improve quality of life at work, at home, and at play. In honor of that vision, **Camp Civitan** provides a camp experience for adults within our community who would not otherwise have the opportunity. The proceeds from the OK5K help to offset the cost of this incredible endeavor. Thank you for your support of our mission and vision!

### Start Times

1 mile – 8:00 AM

5K – 8:45 AM

### Race Information

Contact:

Angie McMahon

757-304-7555

amcmahon@egglestonservices.org

### Inclement Weather

The race director reserves the right to alter or cancel portions of the race as deemed necessary for safety reasons.

### Divisions/Awards

#### 5K:

**Tidewater Striders Grand Prix  
qualifying event**

Top 3 Overall Male/Female

Top 3 Male/Female in age  
categories

#### 1M:

**Youth Grand Prix event**

Top 3 Overall Male/Female

Top 3 Male/Female in age  
categories

### Packet Pick-Up

Pre-registrants may pick up their packets on

Friday, June 5th 3-7PM at



3525 Military Highway

Norfolk, VA 23518

### Post Race Festivities:

Post-Race awards ceremony and raffle.

Post-Race refreshments provided.

### Entry

5K Entry Fees: \$25 (\$30 after 6/1)

1M Entry Fees: \$15

*Special thanks to our title sponsors:*



*Please make checks payable to "Eggleston"*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City, State & Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ T-Shirt size (circle one) S M L XL or Youth S(6/8) M(10/12) L14/16

Age on race day \_\_\_\_\_ Date of birth \_\_\_\_\_

Check race(s) running: \_\_\_ 5K - \$25 \_\_\_ 1 mile - \$15 \_\_\_ Both races - \$30 Total Amount enclosed: \$ \_\_\_\_\_

I'd like to make an additional donation to Eggleston in the amount of: \$ \_\_\_\_\_ (enclosed)

Mail entry to: **Eggleston OK5K; 1161 Ingleside Rd. Norfolk, VA 23502**

I understand that a road race is a potentially hazardous activity. I should not enter the run unless I am medically able and properly trained. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running in the event including, but not limited to, falls, contact with other participants, the effects of weather including heat and humidity, traffic conditions of the roads or trails, and all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tidewater Striders, Eggleston Services, the City of Norfolk, Virginia Wesleyan College, race officials, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. 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. This race is not intended for baby joggers, headphones, skates and dogs on leashes and I will abide by these guidelines. Race Held Rain or Shine.

Signature \_\_\_\_\_ Date \_\_\_\_\_ (Parents Sig. If Under 18) \_\_\_\_\_