



the **12th** annual **eggleston**

OK5K

& 1-MILE RUN, WALK & ROLL

Run, Walk & Roll Virtually between
October 2nd - 9th, 2021

A 5K FOR ALL

The OK5K & 1 Mile races are open to participants of all ages and all levels, ability and mobility - runners and walkers, strollers, and wheelchair racers!

ALL PROCEEDS DIRECTLY BENEFIT ADULTS WITH DISABILITIES IN HAMPTON ROADS!

Packet Pick-Up:

Friday, October 1st from 11:00am - 6:00pm at
Eggleston Corporate Offices
5145 E. Virginia Beach Blvd.
Norfolk, VA 23502

Awards:

Finisher Ribbon for all participants!

Location:

Run, Walk & Roll in the location of your choice or at one of the following locations! Visit egglestonservices.org/OK5K for more options.

- Virginia Beach: Mt. Trashmore (paved)
- Chesapeake: Oak Grove lake (trail)
- Norfolk: Elizabeth River Trail
- City Park of Portsmouth
- Suffolk Seaboard Coastline Trail (paved)
- Newport News Park (trail)
- Hampton: Matteson Trail
- Yorktown: Colonial National Historic Park and Battlefield (paved)



EMPOWERING PEOPLE WITH DISABILITIES

HOW TO REGISTER:

MAIL: SEND THIS COMPLETED FORM AND CHECK TO:
EGGLESTON OK5K & 1 MILE RUN, WALK & ROLL
5145 E. VIRGINIA BEACH BLVD., NORFOLK, VA 23502

ONLINE: EGGLESTONSERVICES.ORG/OK5K

MAIL AND ONLINE REGISTRATION DEADLINE:

SEPTEMBER 17, 2021!

DAY OF PACKET PICK-UP: 5145 E. VIRGINIA BEACH BLVD., NORFOLK, VA 23502

ENTRY FEES:

5K Race: \$30 (\$35 after deadline)

1 Mile Race: \$15 (\$20 after deadline)

Both Races: \$40 (\$45 after deadline)

NEW THIS YEAR:

Create a race team and raise dollars to support our programs!

More info on how to set up your team can be found on our registration page.

2021 REGISTRATION FORM

Last Name/First Name _____

Address, City, State, Zip _____

Phone _____ Email _____

Age on Race Day _____ Birthdate _____ Gender M F

Team Name _____

Registering for: 5K 1M Both

T-Shirt Size Category: YOUTH ADULT T-Shirt Size: XS S M L XL 2X 3X

I'd like to make an additional donation to Eggleston, in the amount of \$ _____ (enclosed).

Please make checks payable to Eggleston.

Signature _____ Date _____ Parent Signature (if under 18) _____

Waiver: I understand that a road race is a potentially hazardous activity. I should not enter the run/walk 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 or walking 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, 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 Eggleston, volunteers and all sponsors, their representatives and successors from all claims and liabilities of any kind arising from my participation in this event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.