



The OK5K Run

to benefit Eggleston Services

Saturday, June 12, 2010 – 8:30 a.m.

Mt. Trashmore, Virginia Beach

5k Run & 1M Run

Start Times

5K – 8:30AM
1 mile – 9:15AM

The Reason

Race proceeds to benefit Eggleston Services. Since 1955, Eggleston Services has provided education, training and employment for persons with disabilities.

Divisions/Awards*

5K
Top 3 Overall Male/Female
Top 3 Male/Female in the following age categories:
10 – under, 11 – 12, 13 – 16, 17 – 19,
20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 & over
1M
Top 3 Male/Female Finishers

Race Information

Contact:
Debbie Redmond
(757) 486-2184
marykaydredmond@cox.net

Incident Weather

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

Packet Pick-Up

Pre-registrants may pick up their packets at Running Etc.'s Norfolk location, 1707 Colley Ave. on Friday, June 11th between 3-7p.m.

Registration:

To register by mail – Mail a completed application and check to:
Eggleston Services OK5K
905 Kings Landing Circle
Virginia Beach, VA 23452

5K Entry Fees:

Postmarked by 5/31: \$20
Postmarked after 5/31: \$25

1M Entry Fees: \$10

Do not mail registration after 6/6

Checks must be made payable to: Eggleston Services

Day of Race On Site Registration beginning at 7 a.m.

Post Race Festivities:

Post Race awards ceremony and raffle.
Post Race breakfast provided by Machismo Burrito Bar.



OK5K Proud Sponsors



Make checks payable to Eggleston Services

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 - \$20 1 mile - \$10 Both races - \$25 Total Amount enclosed: _____

Mail entry to: Eggleston Services OK5K; 905 Kings Landing Circle, Virginia Beach, VA 23452

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 Virginia Beach, 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.

Signature _____ Date _____ (Parents Sig. If Under 18) _____

Race Held Rain or Shine

RAFFLE TICKET 1 Free ticket with each registration Additional Tickets \$1 ea

For Internal Use only: CHECK _____ CASH _____