



the **14<sup>th</sup>** annual **eggleston**  
**OK5K**  
**& 1-MILE RUN, WALK & ROLL**

**Saturday, June 10, 2023**

Virginia Wesleyan University | Boyd Dining Hall  
1584 Wesleyan Drive | Norfolk VA

**A 5K FOR ALL**

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

**ALL PROCEEDS  
DIRECTLY BENEFIT  
ADULTS WITH  
DISABILITIES IN  
HAMPTON ROADS!**

**Race Day Schedule:**

7:00am: Doors Open  
8:00am: 1 Mile Run/Walk/Roll  
8:45am: 5K Run/Walk/Roll  
10:00am: Post Race Celebration

**Family Fun:**

Kids activities, Music, Fun Family Games, Snacks, Drinks, & More!

**Awards:**

Overall Male/Female  
Male/Female in age categories Finisher  
Ribbon for all participants!

**Packet Pick-Up:**

- Friday, June 9th from 11:00am - 6:00pm at Eggleston Corporate Offices  
5145 E. Virginia Beach Blvd.  
Norfolk, VA 23502
- Race-Day Packet Pickup starting at 7:00am @ Virginia Wesleyan



Eggleston is a 501(c)(3) nonprofit organization.



**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: <https://runsignup.com/Race/VA/Norfolk/EgglestonOK5K> MAIL**

**AND ONLINE REGISTRATION DEADLINE:**

**JUNE 2, 2023!**

**DAY OF RACE: ON-SITE AT VIRGINIA WESLEYAN AT 7:00AM**

### ENTRY FEES:

5K Race: \$35 (\$40 on-site)

1 Mile Race: \$15 (\$20 on-site)

Both Races: \$45 (\$50 on-site)

**Early Bird until 4/30/23**

5K Race: \$25

1 Mile Race: \$10

Both Races: \$35

**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.*

## 2023 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:** In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against Eggleston (the Event Director), RunSignup.com, Virginia Wesleyan University, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to Eggleston (the Event Director) to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non-transferable.

By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy. ©2023 Eggleston. All rights reserved.