

Media Release

**FOR IMMEDIATE RELEASE
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5K to Phoebus Family Fun Run New to Hampton Bay Days This Year
--Race to take place Saturday, September 12, 2009; rain or shine--

HAMPTON, VA – On Saturday, September 12, dash over to downtown Hampton for the first ever 5K to Phoebus Family Fun Run. The race, taking place during the 27th annual Hampton Bay Days celebration, is sure to get your heart pumping and your body moving.

Registration takes place 6:30 a.m. – 7:45 a.m. on September 12, with the 5K race beginning promptly at 8:00 a.m. (with the chute remaining open until 9:15 a.m.). The course starts at the Virginia Air & Space Center (600 Settlers Landing Road), goes over the Martin Luther King Bridge, through Phoebus, and concludes at the Crowne Plaza Hampton Marina Hotel (700 Settlers Landing Road). This event is open to runners and walkers of all ages and abilities. An awards ceremony will immediately follow the race. The first 250 participants will receive short sleeve T-shirts with the Hampton Bay Days logo (\$2.00 extra for XXL).

The 5K to Phoebus Family Fun Run race prizes are broken down into several categories:

Top 3 Overall (Male and Female) receive medals

Top 3 in each age group receive medals

Race Entry Fees:

Before August 29	\$20
After Aug. 29	\$25

* register early at www.happypaceraces.com

Age groups:

10 & under; 11-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; and 60+

Race course:

The race begins across from the Virginia Air & Space Center, runs over the Martin Luther King Bridge, out County Road, right onto Libby, left onto E Mellon, left onto Curry, left onto County Road, back across the MLK Bridge, and finishes up at the Crowne Plaza Hampton Marina Hotel. The route is entirely paved and the far right lane will be closed to traffic.

For more information on the 5K to Phoebus Family Fun Run, call Happy Pace Races at 757/784-0960 or email info@happypaceraces.com. If surfing the web is your thing, check out www.happypaceraces.com for registration information and entry forms.

Happy Pace Races

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Partially bordered by the Hampton Roads harbor and Chesapeake Bay, Hampton, with the new 344,000 sq. ft. Hampton Roads Convention Center, is located in the center of the Hampton Roads metropolitan area. Hampton is the site of America's first continuous English-speaking settlement and is home to such visitor attractions as the Virginia Air & Space Center and Riverside IMAX ® Theater, the Cousteau Society, Hampton History Museum, harbor tours and cruises, Hampton University Museum, Fort Monroe, award-winning Hampton Coliseum, The American Theatre, among others. Hampton was twice-named All-America City, the nation's oldest and most prominent community recognition award.

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