

**Media Release FOR IMMEDIATE RELEASE: August 7, 2006**

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(For Information on Hampton Bay Days)

Popular Hampton Bay Days Race... The Tradition Continues!  
*--Abbitt Realty Bay Days 10K Race to take place Saturday September 9, 2006--*

HAMPTON, VIRGINIA- After overwhelming success last year, one of the most popular events of Hampton Bay Days' weekend is officially back! The Abbitt Realty Bay Days 10K race and 1 Mile fun run/walk will take place on Saturday September 9, 2006. Both experienced and novice racers are welcome to compete for this year's top prizes: a \$3,000 total cash purse.

The festivities begin at 7:30 a.m. with a 1 mile fun run (walk), followed by the 10K race which begins promptly at 8:00 a.m. Both events are open to all registered participants, with no age limits and are handicapped friendly. Check-in is at 6:30 a.m. and is next to the Virginia Air & Space Center, at 600 Settlers Landing Road in Downtown Hampton.

Both courses will start and finish at the Virginia Air & Space Center and conclude, with post-race refreshments provided to all participants. The awards ceremony and begins at 10:00 a.m. All registered participants (1 mile & 10K) will receive long sleeve T-shirts with Hampton Bay Days logo. This is a Peninsula Track Club Grand Prix Event. Certified course.

The Abbitt Realty Bay Days 10K race prizes are broken down into several categories:

\$3000 total prize money in open (\$400-\$250-\$125-\$75-\$50)

Masters (\$250-\$125-\$50)

50+ (\$100-\$50-\$25)

Men and women

\* Time and Record Bonuses as well. Distinctive awards to top three in 5-year age groups from 19-and-under through 70 and over. Team competition.

Race Entry Fees:

	<b><u>10K</u></b>	<b><u>1 Mile</u></b>
<b>Before Aug 25<sup>th</sup></b>	<b>\$25</b>	<b>\$15</b>
<b>After Aug 25<sup>th</sup></b>	<b>\$30</b>	<b>\$20</b>

For more information on the Abbitt Realty Bay Days 10K race, call 757/827-1144 or email . If surfing the web is your thing, check out for registration information and entry forms.