



# Hampton

CONVENTION & VISITOR BUREAU

**FOR IMMEDIATE RELEASE**  
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## **MEDIA REMINDER!!!**

**The Neighborhood Harvest Crawlins' Crab Half Marathon Weekend presented by  
Bon Secours Mary Immaculate Orthopedics  
Returns to Hampton This Weekend**

**Hampton, VA-** This Saturday and Sunday, October 6 - 7, 2018, head to Hampton, Virginia for the return of The Neighborhood Harvest Crawlins' Crab Half Marathon Weekend presented by Bon Secours Mary Immaculate Orthopedics. This J&A Racing event is for the entire family featuring a half marathon, half marathon relay, 5K, kids kilometer, and craft brew fest. Known to draw over 5,000 walkers, runners and their families, it is the largest running event on the peninsula.

“The Neighborhood Harvest Crawlins Crab Half Marathon Weekend continues to raise the bar as the largest running event on the Peninsula. People really love this course,” said

**-More-**

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**The Neighborhood Harvest Crawlins' Crab Half Marathon Weekend presented by Bon Secours Mary Immaculate Orthopedics Returns to Hampton This Weekend-  
Page 2**

Jerry Frostick, Race Director. "With flat, fast courses, incredible scenery, and a post-race party second-to-none, it is an ideal race for all participants. The Hampton communities really get behind this race and come out to cheer and support our runners. This year we are expecting over 5,000 runners from over 35 states."

Adding to the excitement this year, The Neighborhood Harvest Crawlins' Crab Half Marathon Weekend welcomes Bart Yasso, the Mayor of Running. Yasso will be interacting with participants all weekend long. Participants can also take part in Yoga under the Sails! This donation-based yoga class will be held on Saturday, October 6<sup>th</sup> with Studio Bamboo yoga to benefit the Boys & Girls Club.

In addition to our races, the Hampton Roads Convention Center will host a Sports & Fitness Expo on Friday, October 5<sup>th</sup> from 2:00 p.m. – 6:00 p.m. and Saturday, October 6<sup>th</sup> from 11:00 a.m. – 4:00 p.m. The free expo will include sports retailers, sports performance services, and various charitable opportunities.

All Half Marathon and 5K participants will receive a unique medal, a short-sleeve technical shirt, and access to the post-race Craft Brew Fest where they can enjoy Virginia craft brews, Baker's Crust Kickin' Corn and Crab Chowder and live music.

## **Schedule**

### **Friday, October 5**

2:00 p.m. – 6:00 p.m.                      Sports & Fitness Expo and packet pickup at the Hampton Roads Convention Center

**-More-**

**The Neighborhood Harvest Crawlin' Crab Half Marathon Weekend presented by Bon Secours Mary Immaculate Orthopedics Returns to Hampton This Weekend-  
Page 3**

**Saturday, October 6**

7:00 a.m. – 9:15 a.m.	5K & 1K Race Day Packet Pick Up at the Hampton Roads Convention Center
8:00 a.m.	5K Start
8:30 a.m. – 11:00 a.m.	Craft Brew Fest
9:30 a.m.	Kids Kilometer (1K) Start
11:00 a.m. – 4:00 p.m.	Sports & Fitness Expo and Half Marathon Packet Pick Up at the Hampton Roads Convention Center
11:30 a.m. – 12:30 p.m.	Yoga under the Sails

**Sunday, October 8**

8:00 a.m.	Half Marathon Start
9:00 a.m. – 1:00 p.m.	Craft Brew Fest

\*All races start in front of the Hampton Roads Convention Center between the center and the Hampton Coliseum

**Racing Highlights**

- Five separate races: Half Marathon, Half Marathon Relay, 5K, and Kids 1K.
- Shell Yeah Challenge where you can run in both the 5K and Half Marathon.
- Largest numbers of participants ever for a running road race on the Virginia Peninsula.
- A Sports & Fitness Expo at the Hampton Roads Convention Center.

**-More-**

**The Neighborhood Harvest Crawlins' Crab Half Marathon Weekend presented by Bon Secours Mary Immaculate Orthopedics Returns to Hampton This Weekend-  
Page 4**

Flat, fast courses through historic downtown and along the Chesapeake Bay and Hampton Roads Harbor.

- DJs, radio stations, and entertainment zones throughout the courses.
- Outdoor Craft Brew Fest with live music, Baker's Crust Kickin' Corn & Crab Chowder and craft beers.
- Technical shirts for all runners (5K/Half) (men and women sizes).
- Additional Half Marathon Finisher Item.
- Medal for all finishers.

**Registration Cost**

<b>Half Marathon</b>	\$105 Through Friday
	\$115 Race Weekend
<b>Half Marathon Relay</b>	\$115 Through Friday
	\$125 Race Weekend
<b>5K</b>	\$50 Through Friday
	\$55 Race Weekend
<b>Shell Yeah!</b>	\$160 Through Friday
	\$175 Race Weekend
<b>Kids Kilometer</b>	\$25 Through Friday
	\$30 Race Weekend

**-More-**

**The Neighborhood Harvest Crawlins' Crab Half Marathon Weekend presented by Bon Secours Mary Immaculate Orthopedics Returns to Hampton This Weekend-  
Page 5**

**Location**

Hampton Roads Convention Center  
1610 Coliseum Drive  
Hampton, VA 23666

For more information on Crawlins' Crab Half Marathon Weekend, dial 757/412-1056. For further details, including registration, visit [www.crawlincrabhalf.com](http://www.crawlincrabhalf.com).

J&A Racing is a nationally recognized race management company based in Virginia Beach, Virginia. With a portfolio of seven events and two training programs, J&A Racing's mission is to promote and support healthy lifestyles and the sport of running through all stages of life. Since 2003 when J&A Racing Owners Amy and Jerry Frostick took over the Shamrock Sportsfest, the Yuengling Shamrock Marathon Weekend has become one of the most popular running events in the country, growing from 3,000 participants to a record 30,000 in 2015. Additionally, J&A organizes the Anthem Wicked 10K, Old Point National Bank Monster Mile and Mini Monster 1K; the Big Blue 5K presented Bon Secours In Motion; the Great Outdoor Provision Co. Surf-N-Santa 5 Miler; the Neighborhood Harvest Crawlins' Crab Half Marathon & 5K; the Chartway Norfolk Harbor Half Marathon and We Promise Foundation 5K; and the ADP Corporate 5K. For more information on J&A Racing's events, visit [jandaracing.com](http://jandaracing.com).

Partially bordered by the Hampton Roads harbor and Chesapeake Bay, Hampton, with the 344,000 sq. ft. Hampton Roads Convention Center and the award-winning Hampton Coliseum, is located in the center of Coastal Virginia and the Hampton Roads metropolitan area. Hampton is the site of America's first continuous English-speaking settlement, the site of the first arrival of Africans in English North America, and is home

**-More-**

**The Neighborhood Harvest Crawlin' Crab Half Marathon Weekend presented by  
Bon Secours Mary Immaculate Orthopedics Returns to Hampton This Weekend-  
Page 6**

to such visitor attractions as the Virginia Air & Space Center, Fort Monroe National Monument, Hampton History Museum, harbor tours and cruises, Hampton University Museum, The American Theatre, among others.

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