

The Neighborhood Harvest



# CRAWLIN' CRAB

## HALF MARATHON & 5K

Presented By Bon Secours  
Mary Immaculate Orthopaedics

# OCTOBER 5, 2019

# 5K START

# 8:00 AM

# HAMPTON, VIRGINIA

- MILE MARKERS
- WATER STOP
- ASTRO DJ
- RADIO STATION
- ANIMAL ALLEY

