



# Hampton

CONVENTION & VISITOR BUREAU

**Media Release**

**FOR IMMEDIATE RELEASE  
September 24, 2019**

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**The Neighborhood Harvest Crawlins' Crab Half Marathon Weekend presented by  
Bon Secours Mary Immaculate Orthopedics  
Returns to Hampton October 5-6**

**Hampton, VA-** October 5 - 6, 2019, 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, 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

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.

**-More-**

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**The Neighborhood Harvest Crawlin' Crab Half Marathon Weekend presented by Bon Secours Mary Immaculate Orthopedics Returns to Hampton October 5-6- Page 2**

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 weekend excitement, participants can also take part in Yoga under the Sails! This all-level yoga class will be held on Saturday, October 5<sup>th</sup> with Studio Bamboo Yoga.

In addition to our races, the Hampton Roads Convention Center will host a Sports & Fitness Expo on Friday, October 4<sup>th</sup> from 2:00 p.m. – 6:00 p.m. and Saturday, October 5<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, Maryland-style crab soup from the Culinary Institute of Virginia and live music.

## **Schedule**

### **Friday, October 4**

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 October 5-6- Page  
3**

**Saturday, October 5**

7:00 a.m. – 9:15 a.m.	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 6**

6:00 a.m. – 7:30 a.m.	Packet Pick Up at the Hampton Roads Convention Center
7:30 a.m.	Half Marathon Start
8:30 a.m. – 12:30 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**

- Three separate races: Half Marathon, 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 Crawlin' Crab Half Marathon Weekend presented by  
Bon Secours Mary Immaculate Orthopedics Returns to Hampton October 5-6- 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, Maryland-style Crab Soup from the Culinary Institute of Virginia and Virginia craft beers.
- Technical shirts for all runners (5K/Half) (men and women sizes).
- Additional Finisher Item.
- Medal for all finishers.

**Registration Cost**

<b>Half Marathon</b>	\$105 Through Friday
	\$115 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 Crawlin' Crab Half Marathon Weekend presented by Bon Secours Mary Immaculate Orthopedics Returns to Hampton October 5-6- Page 5**

**Location**

Hampton Roads Convention Center  
1610 Coliseum Drive  
Hampton, VA 23666

For more information on Crawlin' 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 MSP Design Group Big Blue 5K; the Surf-N-Santa 5 Miler; The Neighborhood Harvest Crawlin' Crab Half Marathon & 5K; the Chartway Norfolk Harbor Half Marathon and We Promise Foundation Norfolk Harbor 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 October 5-6- 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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