



BE A SUPPORTER FOR ERADICATING HOMELESSNESS IN HAMPTON ROADS,VA

We are sponsoring a **H.O.P.E. for the Homeless 5K Run/Walk/Wheelchair Family Fun Race (rain or shine)**

Registration & Volunteers Information

**Saturday, September 10, 2022- Chesapeake City Park
900 City Park Dr. Chesapeake, VA 23320**

Start time: 8:00 am

Early registration starts June 01, 2022 through September 09, 2022

Swag Bags can be picked up before the race on Friday ,September 02, & 09 from 5:00 pm to 6:00 pm@ Chesapeake City Park under Section A shelter (down from the restroom and across from the dog park).

- **Adults \$40.00 (early registration)**
- **Adults \$50.00 (Day of the race)**
- **12-16 Years old-\$15.00 (Early registration)**
- **12-16 Years old \$20.00 (Day of the race)**
- Medals will be given away to top finishing adult male & female participants
- Medals will be given away to top finishing young adult male & female participants
- Free Light snacks and T-Shirts provided in Swag Bags before race
- Hot Food will be provided after the race



- Small
- Medium
- Large
- X Large
- XX Large
- XXX Large
- 4X

You can register for the race by going on link below :

[H.O.P.E. for the Homeless 5K Run/Walk](#)

(Please specify T-Shirt size)

The pandemic has been tough on everyone. Let's dedicate time to expand our lungs, take a deep breath, and enjoy friends and family time during our run/walk fundraiser. Let's make a difference in the community! H.O.P.E. Foundation, Inc. is a non-profit 501 (c)(3) Summer Shelter Organization. We provide safe overnight shelter, and home cooked meals from May through November for the homeless who we refer to as our "Guests." The support of our professional volunteers has allowed us to provide services for our Guests, such as:

- Annual Health Screening
- Assistance with obtaining Virginia DMV ID's and Birth Certificates
- Social Security Cards and/ or Replacements
- G.E D. Preparations, and Skilled Training, through the G3 Program
- Voter Registrations and assisting Civil Rights Restoration
- Medicaid/Medicare, Supplemental Security Income (SSI) assistance with application

Serves as a referral agency for our Guest in the following areas:

- Counseling support for Mental Illness, Domestic Abuse, Human Trafficking, Alcohol Anonymous (AA), Narcotics Anonymous (NA)
- Disabled/Veterans with filing their claims
- Spiritual Healing and much more.

We, at the H.O.P.E. Foundation Inc., are delighted to share that 100 guests have obtained their own rooms, apartments, or homes. Also, 5 Guests have started the process of obtaining their GED.

This is just the beginning! "With your support and help we can eradicate homelessness ".

For further information concerning Registration and/ or Volunteering please contact: hopefoundationinc@cox.net or 757-241-6900

All are welcome to join us on Race Day for some Family Fun and Fitness