

**SOUTH CHARLESTON CHAMBER OF
COMMERCE WELLNESS 5K RUN/WALK**

Saturday, April 8, 2017 (Rain or Shine)

5K Run: 9 a.m.

Walkers begin shortly after 9 a.m.

✓ **Registration/Check-In:**

Registration will take place at Oakes Field, South Charleston beginning at 8 a.m.

✓ **Registration Fee:**

**Pre-Registration is \$25/person if postmarked by March 31st. Registration for ages 13 and under is \$20. Registration is \$30/person if postmarked after March 31st and on Race Day. (Please make checks payable to the South Charleston Chamber of Commerce).

**T-shirts are only guaranteed to those who register by March 31st.

✓ **Online Registration**

TriStateRacer.com

✓ **Course Description**

The 5K will start and end in Oakes Field in South Charleston. This is a flat course throughout the downtown area of South Charleston.

✓ **Parking**

FREE parking is available on F Street.

For more information, please contact the South Charleston Chamber of Commerce at 304.744.0051, soccoc@wvdsi.net, or visit our website at www.SouthCharlestonChamber.org.

Send completed registration form with payment to:

**South Charleston Chamber of Commerce
PO Box 8595
South Charleston, WV 25303**



**SOUTH CHARLESTON CHAMBER OF COMMERCE
WELLNESS 5K RUN/WALK**

SATURDAY, APRIL 8, 2017

OAKES FIELD, SOUTH CHARLESTON, WV

Registration form for each participant (please print clearly)

_____ Last Name	_____ First Name	_____ MI	
_____ Street Address or PO Box	_____ City	_____ State	_____ Zip
_____ Age on Race Day	<input type="checkbox"/> Male <input type="checkbox"/> Female		
_____ Phone Number	_____ E-mail Address		

I will be participating in (mark one event): 5K Run 5K Walk

Cost: Pre-registration is **\$25** if postmarked by **March 31, 2017**. Registration for ages 13 and under is **\$20**. Registration is **\$30** after **March 31, 2017**. **Team/Family Rate:** Register 4 or more people at the same time and receive \$5 off each entrant's registration fee. Make checks payable to "South Charleston Chamber of Commerce". T-shirts will only be guaranteed to those participants who pre-register before March 31st, so register early!!

T-Shirt Size: Small Medium Large X-Large XXL

Waiver: I know that running (or walking) a road race is a potentially hazardous activity. I should not enter and run (or walk) unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather (including cold weather, ice, and heat), traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release South Charleston Chamber of Commerce, the City of South Charleston, race officials, volunteers and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I agree that I am releasing the service provider (www.tristateracer.com) from liability for injuries resulting from the ordinary negligence of the provider.

By signing below, I agree that I have read and accept the above waiver. I also agree that I am over 18 years of age OR the parent/legal guardian of a minor under 18 years of age.

_____ Signature	_____ Date
_____ Parent or Guardian (if participant is under age 18)	_____ Date