

4th Annual “Run For the Health of It” 5K Run	“Walk For the Health of It” 5k Walk
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DATE: August 15, 2009 – 8:00 A.M.
PLACE: Valley Park (Wave Pool) – Hurricane, WV
ENTRY FEE: \$15 by 08-07-2009 and \$20 Race Day
RACE DAY : Registration begins a 7:00 A.M. and ends at 7:45 A.M.

Separate run and walk T-Shirts will be given to (1st – 100 registered)

Mail entry form and fee to: T.O.P “Run For The Health OF It”, 2368 Thompson Rd., Culloden, WV 25510. (Attn: Charley Bowen)

AWARDS: 5-k Only –Overall Top Male & Female, 2nd & 3rd Place Overall Male and Female, Two deep in Male and Female Age Divisions. Proceeds from the race go to the Hurricane High School Boys Cross Country Team and “The Putnam Youth Wellness Task Team” to promote safe and drug free activities for Putnam County youth.

AGE GROUPS/ Male & Female: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60, & Over.

Name : _____

Address : _____

City: _____ State: _____ Zip: _____

Phone: _____ Age on 08/16/08: _____ circle Male Female

T-shirt size:(circle one) S M L XL 2X 5K____ Walk____

Waiver and release of liability: Please carefully read the following waivers and release of liability, then sign. For those younger than 18 years of age, a parent or legal guardian must provide his/her signature. Unsigned forms will not be accepted. In consideration of acceptance of this entry, I waive all rights and claims for damage that I may have against Valley Park, City of Hurricane, Hurricane High School, Putnam County Youth Wellness Task Team and all sponsors. I attest that I am physically fit and have trained for this event.

Signature _____ Date _____ Parent/Guardian _____