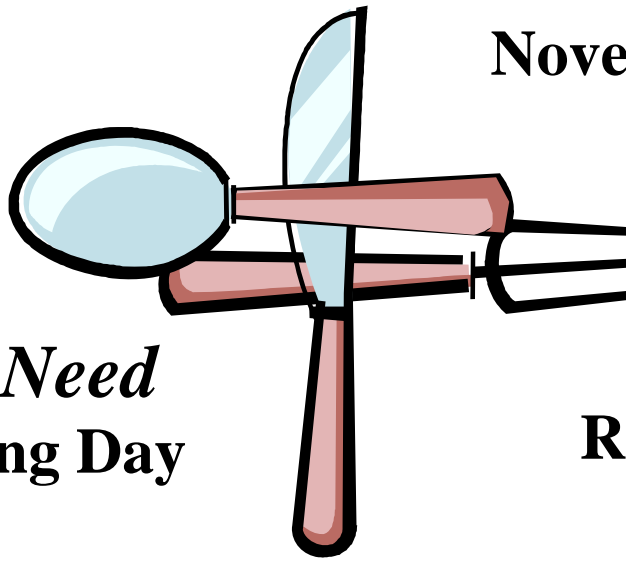


November 26, 2009

9 a.m.



Feed the Need
Thanksgiving Day
5k

Run / Walk

Benefit: All proceeds go to providing food to families in our community that are in financial need.

Location: Start and Finish at the First Baptist Church Kenova, WV (12th and Poplar Streets)

Course: Flat loop thru the residential and business areas of Kenova, WV.

Facilities: Restrooms will be available near the Start/Finish area. Water stop halfway on the course.

Age Groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Registration: Pre-registration received by Nov 21 - **\$10** Nov 22 thru race day - **\$15**

Mail completed registration forms and payment to "*FBC Kenova*", memo "*Feed the Need 5k*"

Feed the Need 5k
FBC Kenova
P.O. Box 475
Kenova, WV 25530

.....
Race Day registration begins at 7:30 a.m.
Run begins at 9 a.m.
.....

Perks: All participants will receive a race towel. Top finishers in each age group will receive an award.

_____ / / _____ M / F
 First Name Last Name Birth Date Gender

_____ City _____ State Zip
 Address

_____ E-Mail

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run 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. 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 high heat and/or humidity), 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 Feed the Need 5k, FBC Kenova, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

_____ Signature (Parent if under 18) _____ Date