

2017 For Our Families 5K Run/Walk



Saturday, November 12th, 2016
9:00 AM

Register Online at:
CharlestonRMHC.ORG

Course Information:

The race will begin near the Trans Canada Building at 1700 MacCorkle Ave. SE. Charleston, WV. Course will run through University of Charleston and turn around at the Ronald McDonald House.

Contact Information:

For information, contact:
Evan Osborn, Development Director
evan@charlestonrmhc.org

Awards and Age Groups:

Prizes awarded to top 3 male/female in each age group and top 3 overall male/female

*Top 3 overall

13 and under*, 14-16*, 17-20, 21-30, 31-40, 41-50, 51-60, 61-Over

Registration:

Pre-Registration : (Before November 4th) **\$35**

Late Registration and Race Day - **\$40**

Please fill out the form below and mail with remittance to:

RMHC 5K Run/Walk
Attention: 5K
910 Pennsylvania Ave.
Charleston, WV 25302

Make Checks Payable to: **Ronald McDonald House**

All Proceeds benefit Ronald McDonald House Charities of Southern West Virginia.

For Our Families 5K Registration Form

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|-------------|------------|------|-----------------|
| First Name: | Last Name: | Age: | M / F Gender |
|-------------|------------|------|-----------------|

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|------------|---------|
| Shirt Size | Address |
|------------|---------|

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|------|-------|-----|
| City | State | Zip |
|------|-------|-----|

E-Mail

Phone

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 compete 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 cold weather and ice), 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 Ronald McDonald House 5K, 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) **ALL PARTICPANTS MUST SIGN ENTRY FORM**

Date