

Mountwood 10 Mile Challenge

Mountwood Park ~ Sept 17, 2011 8:00 AM
5K Fun Run and Walk 8:10 AM



Parkersburg Bike Shop
Chick-fil-A
General Graphics



SPONSORS

10 Mile & 5K Run/Walk are part of the
River City Running & Walking Series

10 MILE RUN AWARDS
5K FUN RUN and WALK AWARDS

Awards will be presented to the top three overall male and female and for the first and second place male and female in age groups: 14-19, 20-29, 30-39, 40-49, 50-59, 60+.

There is a 3 hour course limit.

For more information contact Race Director: Gary Pennington (304) 485-7029 garyepennington@yahoo.com

Mountwood 10 Mile Challenge Trail Run

Make checks payable to : River City Runners Club, PO Box 4496, Parkersburg, WV 26104

Pre-registration is \$20.00 for the 10 mile run if postmarked by Sept. 09, 2011.

Late and race day entry fee is \$25.00 for the 10 mile run.

5K Run/Walk entry fee \$15.00.

Race day registration and packet pickup at Carson Station 6:30-7:30 AM.

More info at: www.rivercityrunners.com. For camp site info: www.mountwoodpark.org or call (304) 679-3611

PLEASE PRINT

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____ E-MAIL: _____

FEMALE _____ MALE _____ DATE OF BIRTH ___/___/___ AGE ON 9/17/11 _____

SHIRT SIZE: S _____ M _____ L _____ XL _____ 10 Mile _____ 5K Run _____ 5K Walk _____

Long Sleeve Shirts for 10 Mile Participants While Supplies Last

No one under age 14 in the 10 mile run



WAIVER: For and in consideration of my participation in the Challenge at Mountwood 10 Mile Trail Run or 5K Fun Run/Walk, I, the undersigned, release forever the sponsors, the program, its members, volunteers, co-sponsors, landowners, race organizers, race directors, other participants and all those associated with the Challenge at Mountwood 10 Mile Trail Run or 5K Fun Run/Walk, River City Runners Club and Mountwood Park from any claim for harm, injury or loss that occurs to me or my child/ward or anyone on his/her behalf as a result of participation in this event. I therefore attest and verify that I am physically fit and have sufficiently trained for this event and am aware of the potential dangers. I have read the above statement, I understand it, and my signature confirms its full acceptance.

Signature

Date

Parent/Guardian, if under 18 years old