

ST. ALBANS RIVERFEST – TOM KNOX MEMORIAL/5K RUN/1MILE WALK

Saturday June 26, 2010 8:00am

Race Information

Contact: Grace Allred
Phone: 304-722-7565
E-mail: grace.allred@cityholding.com

Start and Finish
The Loop at the 6th Avenue, Fire Station, St. Albans, WV

5K Run Entry Fee: \$15.00 Pre-Registration, \$20.00 Race Day, 1 Mile Walk Entry Fee \$10.00 Pre-Registration, \$15.00 Race Day
Send entry to: St. Albans Riverfest, P.O. Box 2191, St. Albans, WV 25177

Awards: M/F Overall Champion, 2nd, and 3rd, Masters Champion, First M/F from St. Albans, Heavyweight 200lbs & over.

Awards in the following runners age groups

Table with 2 columns: 5K and 1 Mile Walk. Rows include age groups (14 & Under to 30-34) and award categories (Overall Champion, Masters Champ 40+, etc.).

All Heavyweights must weigh in

Please put an X in the space next to the 5K Run or 1 Mile Walk to indicate which event you are participating in.

NAME: RACE DAY AGE: D.O.B SEX: M F
STREET: CITY: STATE:
ZIP CODE: TELEPHONE:

CIRCLE ONE

T-SHIRT SIZE: L XL XXL

T-SHIRTS ARE ONLY GUARANTEED TO PRE-REGISTERED PARTICIPANTS

ST. ALBANS RESIDENCE: YES NO

WAIVER: Must be signed or entry will not be accepted. In consideration of the acceptance in the St. Albans Riverfest 5K or 1 Mile walk, I undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the St. Albans Riverfest, The City of St. Albans, and any other individuals and organizations assisting with the 5k run and the 1 mile walk, and for any and all injuries suffered by me in this event. I attest and verify to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete and no physician or qualified individual has advised me against competing in the St. Albans Riverfest 5K or 1mile walk.

Signature:
(Parent or guardian must sign if runner or walker is under 18 years of age)

