

Waiver of Liability

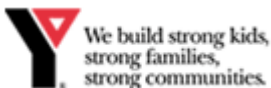
I, undersigned, waive and release myself, my heirs, executors and administrators, any and all rights and claims for damages, demands and any other actions whatsoever, which I may have against the Tri-County YMCA, SuddenLink Communications, Inc., Husson Pizza, Teays House Restaurant, Teays Corporate Center, ATS, Teays Valley Cinemas and participating sponsors and supporters of those entities, successors, representatives and assigns, arising out of my participation in this event. Should I suffer any injury or illness, I authorize officials of this race to use their discretion to have me medically treated and transported to a medical facility and I take full responsibility for this action.

Signature _____

(Parent Signature if under 18 years of age)

Divisions (circle one only)

- | | | | |
|------------|-------|-------|-------|
| 14 & under | 15-19 | 20-24 | 25-29 |
| 30-34 | 35-39 | 40-44 | 45-49 |
| 50-54 | 55-59 | 60-64 | 65-69 |



Tri-County YMCA
 200 Carls Lane
 PO Box 737
 Scott Depot, WV
 Phone: (304) 757-0016
 Fax: (304) 757-0017
 E-mail: info@tri-countymmca.org

5th Annual Cabin Fever 5K Race/Walk



Saturday March 29, 2008
 Race Time: 8:30 A.M.
 Race Day Registration: 7:45 A.M. - 8:20 A.M.

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 Tel: (304) 757-0016
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Driving Directions

From Huntington, Barboursville, Milton, Hurricane: Take I-64 East exit at Winfield/Teays Valley (Exit 39). At the light at the end of the ramp, turn right. Move into the left lane. At the next traffic light, turn left onto Great Teays Boulevard and continue straight for approximately one tenth of a mile. At the stop sign, turn left onto Teays Valley Road. Continue for approximately 1/2 mile. Just past the BP gas station, there will be two parallel paved roads adjacent to each other. Turn left onto the first paved road (Carl's Lane), the YMCA will be at the end of the road.

From Charleston, St. Albans, Nitro, Cross Lanes: Take I-64 West to the new Scott Depot exit 40. At the end of the ramp, turn left. Get in the right lane and at the traffic light make a right onto Teays Valley Road. Continue approximately one (1) mile. Just before the BP gas station, there will be two parallel paved roads adjacent to each other. Turn right onto the second paved road (Carl's Lane), the YMCA will be at the end of the road.



This course is the most unique course in the area and it's almost entirely on pavement. The course loops and winds through the Industrial Park and the Litton Heights subdivision. Everyone is welcome and encouraged to participate. Everyone will receive an event shirt. Fruit and refreshments will be available pre and post race. Awards will be given to the top 3 in each division. All divisions are co-ed, unless otherwise stated. The top 3 overall men and women finishers will receive awards.

FEES

- \$15.00 before March 30th (ages 15+).
- \$10.00 (age 14 & under).
- Race Day, March 29th – \$20.00 all participants.

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Registration Form

Sign up for:	Time	Price
<input type="checkbox"/> 5K Runner	8:30 a.m.	\$15.00
<input type="checkbox"/> 5K Walker	8:30 a.m.	\$15.00
<input type="checkbox"/> Youth (14 & Under)	8:30 a.m.	\$10.00
<input type="checkbox"/> Race Day Registration	8:30 a.m.	\$20.00

Subtotal: _____
 Tax: _____
 Total: _____

 Name

 Address

 Phone

Method of Payment

- Check (Make Payable to Tri-County YMCA)
- Cash
- Visa
- MasterCard

 Credit Card #

 Exp. date

 Signature

Shirt Size: (Circle One)

S M L XL 2XL