

Kingwood Knights of Columbus #9578
Rowlesburg 10 and 5-K Run
Date: Sunday November 21, 2010
Start Time: 2:00 p.m.

Location: Rowlesburg City Park, Preston County, WV, 10 miles South of Kingwood on Rt. 72.

Course: Flat course along the Cheat River, out and back on Rt. 72 with a loop through a cave in the 10-K. Walkers are welcome in the 5-K and are eligible for awards.

Refreshments and Prizes: Refreshments to all runners and door prizes to those present will be held in the Rowlesburg VFW. T-shirts to all pre-registered runners, race day t-shirts not guaranteed. Four pumpkin pies given out.

Awards: Top 3 male and female finishers, top 3 finishers in each of the following categories: 14 and under, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

Entry Fee: \$15.00 if postmarked by November 13, 2010. Late registration and race day will be \$20.00. Sorry, no refunds. Make checks to CPMS Cross Country and mail to: David G. Pauly, Rt. 1 Box 1146, Kingwood, W V 26537.
Race day registration will be from 12:00-2:00 p.m. at the park.

Information: Call David Pauly @ 304-282-2914 after 3:00 p.m. or e-mail at dpauly@access.k12.wv.us

Proceeds benefit CPMS Cross Country.

Registration Form

Name: _____ Male: ___ Female: ___
Address: _____ Birth Date: __/__/__
City: _____ State: _____ Zip: _____
Phone: () _____ Shirt Size: S M L XL Age: _____
Race: _____ 10-K OR _____ 5-K

In consideration of your acceptance of my application for entrance in the Rowlesburg 5 & 10-K River Run I, for myself and everyone entitled to act on my behalf, waive and release the Knights of Columbus #9578, the town of Rowlesburg, Central Preston Middle School, and all sponsors, for all claims of damage, demands, actions whatever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature of Applicant: _____ Date: _____

Signature of Parent: _____ Date: _____
(If under age 18)