

POCA RIVER 15K ROAD RACE

**Oldest Race on the Roads in West Virginia
Sponsored by the Kanawha Valley Road Runners Club**

Race Information: Pat Board III, 304-744-6502

15K Road Race (9.3 Miles)

Start/Finish: Poca River new bridge at the end of Doc Bailey Road in Cross Lanes

Entry Fee: \$12, Race Day \$15

Make Checks Payable to: KVRRC

**Send entry to: Kanawha Valley Road Runners Club
19 Riverside Drive
South Charleston, WV 25303**

**AWARDS: M/F Overall Champions, Masters Champions, Male Heavyweight 185 Lbs & over
Awards in the following runners age groups:**

MALE		FEMALE	
19 & under	40-44	19 & under	35-39
20-24	45-49	20-24	40-44
25-29	50-54	25-29	45-49
30-34	55-59	30-34	50 & over
35-39	60 & over		

NAME: _____ RACE DAY AGE _____ SEX _____

STREET: _____ CITY _____ STATE/ZIP _____

TELEPHONE: _____ SHIRT SIZE: M L XL

WAIVER: Must be signed or entry will not be accepted in consideration of the acceptance in the Poca River 15K Road Race. For myself, my heirs, executors, and administrators, I hereby release any and all runners, the sponsors, or the county or state in which this race is contested. 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 Poca River 15K.

**SIGNATURE: _____
(Parent or guardian must sign if runner is under 18 years of age)**