

# POCA RIVER 15K ROAD RACE

**Saturday, May 10, 2008, 8:00 AM**

**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: Pocahontas new bridge at the end of  
Doc Bailey Road in Cross Lanes**

**Entry Fee: \$12 Pre-Entry, \$15 Race Day  
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:**

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

**NAME:** \_\_\_\_\_ **RACE DAY AGE:** \_\_\_\_\_

**STREET:** \_\_\_\_\_ **SEX:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_ **SHIRT SIZE:** M L XL

**WAIVER: Must be signed or entry will not be accepted** In consideration of the acceptance in the Pocahontas 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 Pocahontas 15K.

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