

Map:

Start EVFD, go Rt. 62 east to left on East Fir St. to right onto Marble Dr. to left on Granite Dr. to left on Sandstone Dr. to left on Limestone Dr. to right on Marble Dr. to right on Fir St. to right on Ivywood St. to left on Juniper St. to left on Rt. 62 (sidewalk) back to EVFD. Parking (P) available at the G.W. Elem. & Middle school, VoTech school, and at the Town Hall (Red house).



5K Run awards:

5K Run awards will be given to the overall top male and female finisher and the top male and female in each of the following age groups: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+. (Duplicate awards will not be given)

Walkers with children:

Children under the age of 5 are free but must be accompanied with a paying adult. Course support will only be available for one hour and then you will be on your own. Slower participants are asked to keep to the right and yield to others.



**Sunday,
September 14, 2008
3:00 p.m.— 5K Run
3:05 p.m.— 5K Walk**

**Start / Finish
EVFD Firehouse
Eleanor, WV**

**Proceeds and donations
to benefit the EVFD fire
apparatus fund**

Eleanor Firehouse 5K Run / Walk



**Sunday,
September 14, 2008
3:00 p.m.— 5K Run
3:05 p.m.— 5K Walk**

**Start / Finish
EVFD Firehouse
Eleanor, WV**

Registration Fee (make payable to EVFD): \$12 / person if pre registered by September 2, 2008; \$15 / person after September 2, 2008 & Race day.

Registration Fee includes 100% pre-shrunk cotton t-shirt (**register early - t-shirts are limited to the first 100 participants**)

Registration & Check in:

Race day registration and check in from 1:45 p.m. till 2:50 p.m. at the Eleanor Town Municipal Bld. Room B next to EVFD.

Parking:

Parking is available at the G.W. Elementary & Middle school, Putnam Co. VoTech school and Town Hall (Red House)

Course:

The 3.1 mile flat course is laid out through the Eleanor town streets. Volunteers will be stationed at various points throughout the course.

Proceeds / Donations:

Proceeds / Donations from the event will go towards the EVFD fire apparatus fund.

Information:

For more information contact Eric Blankenship at 586-3187 or visit the website www.Eleanorfire.com

Eleanor Firehouse 5K Run / Walk

Registration form for each participant (Please print legibly)

Mail to: Firehouse 5K, P.O. Box 1317, Eleanor, WV 25070

Registration Fee (make payable to EVFD): \$12 if postmarked by 9/02/08, \$15 after 9/02/08

I will be participating in (mark one event)	Time	Price
<input type="checkbox"/> 5K Run	3:00 pm	\$ _____
<input type="checkbox"/> 5K Walk	3:05 p.m.	\$ _____
<input type="checkbox"/> I would like to make an additional donation		\$ _____
		Total: _____
Shirt Size: __ YM __ YL __ S __ M __ L __ XL __ XXL		

Name

Address

Phone

E-mail

Age (as of 9/16) Male Female

WAIVER: (Please read, understand and sign the following waiver)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow and/or ice, high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release EVFD, its directors, officers, and staff, the city of Eleanor, WV and its employees, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

I understand that headsets of any kind, dogs on leashes, in-line skates, and bicycles are prohibited and that violation of this prohibition will result in disqualification & removal.

Signature _____
Date

Guardian (if participant is under age 18) _____
Date