

NEW YEAR'S RESOLUTION 5K RACE & WALK



**Proceeds will benefit
Mountain State Wilderness
Search and Rescue Team, Inc.**



Trophies will be awarded for First Place, Second Place and Third Place.

T-shirts (long sleeved) will be provided for all registered participants.

Date: 01/08/2011

Time: 08:30 am Start

Pre-register by: 12/10/2010

Entry fees:

- \$10.00 for Students (with ID)
- \$15.00 for Pre-registered Adults
- \$20.00 for Race day Registration Adults

The race will be held at Kanawha State Forest.
The course will start at the pool, go along the road to the entrance gate and back to the pool.

**For more information, go to
mswsart.org**



**DOGS ON LEASH
ARE WELCOME!**



In consideration of your acceptance of my entry, I, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the MSWSART, Race Directors and their agents and sponsors for any and all injuries suffered by me during the New Year's Resolution 5K Race & Walk. I acknowledge reading and understanding this clause and attest and verify that I am aware of the hazards and am physically fit and have trained sufficiently for this event.

Mail form and entry fee to:

MSWSART
New Year's Resolution 5K Race & Walk
PO BOX 581
Charleston, WV 25322

Contact: Ginny Lanham
304.545.7044
race2011@mswsart.org

Name _____

Signature _____ Date _____

Address _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

Phone _____

Email _____

Gender _____ Age on 01/08/2011 _____

T-shirt Size: S M L XL 2X

NEW YEAR'S RESOLUTION 5K RACE & WALK

Registration Form

Pre-Register by: **DECEMBER 10, 2010** Race Day Registration: **7-8:15am, 1/8/2011**
Date: **Saturday, January 8, 2011** Start Time: **8:30 am**
Location: **Pool area of Kanawha State Forest, Charleston, WV**

Please use a separate form for each runner/walker.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age on 01/08/2011: _____ Gender: Male Female

In consideration of your acceptance of my entry, I, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against the MSWSART, Race Directors and their agents and sponsors for any and all injuries suffered by me during the New Year's Resolution 5K Race & Walk. I acknowledge reading and understanding this clause and attest and verify that I am aware of the hazards and am physically fit and have trained sufficiently for this event.

Signature: _____ Date: _____

Signature of Parent if runner/walker is under 18 years of age on 01/08/2011:

_____ Date: _____

	Entry Fee	Method of Payment
<input type="checkbox"/> Student (with ID)	\$10.00	<input type="checkbox"/> Check
<input type="checkbox"/> Adult Pre-Register by 12/10/2010	\$15.00	<input type="checkbox"/> Money Order
<input type="checkbox"/> Adult Race Day Register 7am-8:15am	\$20.00	<input type="checkbox"/> Cash

TOTAL _____ Payable to: MSWSART

T-SHIRT Size: S M L XL 2X

Mail to: Mountain State Wilderness Search and Rescue Team, Inc.
PO Box 581, Charleston, WV 25322

Contact: Ginny Lanham at 304.545.7044 or race2011@mswsart.org

Proceeds to benefit Mountain State Wilderness Search and Rescue Team, Inc.



**NEW YEAR'S
RESOLUTION
5K RACE & WALK**

**PRE-REGISTER BY:
December 10, 2010**

**DATE: January 8, 2011
START TIME: 8:30 am
REGISTRATION: 7-8:15 am**

**LOCATION:
Pool area,
Kanawha State Forest
Charleston, WV**

**ENTRY FEES:
Student \$10
Adult Pre-register \$15
Adult Race Day \$20**

**Proceeds to benefit...
MOUNTAIN STATE
WILDERNESS SEARCH AND
RESCUE TEAM, INC.**

MAIL FORM AND ENTRY FEE TO:
MSWSART
New Year's Resolution 5K Race & Walk
PO BOX 581
Charleston, WV 25322



**Mountain State Wilderness
Search and Rescue Team, Inc.
Post Office Box 581
Charleston, West Virginia 25322
www.mswsart.org**



**NEW YEAR'S
RESOLUTION
5K RACE & WALK**



**January 8, 2011
FIRST ANNUAL**



2011 RESOLUTIONS

- 1) LOSE WEIGHT.
- 2) EXERCISE.
- 3) SUPPORT A GOOD CAUSE.
- 4) HAVE FUN!



Make your resolutions a reality!

Take that first step, come, join us for a 5K race and walk at Kanawha State Forest on Saturday, January 8, 2011.

The course for this road race will begin at the pool area, follow the road to the park entrance gate and return to finish at the pool area.

We encourage men, women and children to participate in this event. We welcome dogs on leash, too.

The race is designed to raise funds for our search team as well as awareness in the community about our services.



The Mountain State Wilderness Search and Rescue Team, Inc. is an all volunteer, non-profit corporation based in Charleston, West Virginia.

mwsart.org

Race Proceeds Will Benefit The MOUNTAIN STATE WILDERNESS SEARCH AND RESCUE TEAM, INC.

Mountain State Wilderness Search and Rescue Team, Inc. (MSWSART) is dedicated to providing credentialed volunteers to assist with any lost person incident in the state of West Virginia.

We train to the standards promulgated by the National Association for Search and Rescue



(NASAR). We are a member of the West Virginia Search and Rescue Council.

MSWSART is dispatched at the request of the Responsible Agency for the search incident.

There is never a fee for our services. MSWSART is funded by generous contributions from people like you.

Please support our efforts to provide men, women and canines skilled in wilderness search...THAT OTHERS MAY LIVE.



Becky Mooney (left) and Patty Wygal (right) at a National Association for Search and Rescue event in Jackson, OH.



NEW YEAR'S RESOLUTION 5K RACE & WALK

REGISTRATION FORM

Please use a separate form for each runner/walker.

Name _____

Address _____

Phone _____

Email _____

Age on 01/08/2011 _____ Male Female

In consideration of your acceptance of my entry, I, for myself, my heirs, me executors and administrators, waive any and all rights and claims for damages I may have against the MSWSART, Race Directors and their agents and sponsors for any and all injuries suffered by me during the New Year's Resolution 5K Race & Walk. I acknowledge reading and understanding this clause and attest and verify that I am aware of the hazards and am physically fit and have trained sufficiently for this event.

Signature of Parent if under 18 years of age. _____

Signature _____

	Entry Fee	Method of Payment
<input type="checkbox"/> Student (with ID)	\$10.00	<input type="checkbox"/> Check
<input type="checkbox"/> Adult Pre-Register by 12/10/2010	\$15.00	<input type="checkbox"/> Money Order
<input type="checkbox"/> Adult Race Day Register 7am-8:15am	\$20.00	<input type="checkbox"/> Cash
Total: _____		

Payable to: MSWSART, PO BOX 581, Charleston, WV 25322.

T-shirt Size: S M L XL 2X

CONTACT: Ginny Lanham 304.545.7044 or race2011@mwsart.org



Trophies will be awarded for 1st, 2nd and 3rd place.
T-shirts (long sleeved) will be provided for all registered participants.

DOGS ON LEASH ARE WELCOME!

