

POCA RIVER

15 K ROAD RACE

SATURDAY, MAY 9, 2009, 8:00
AM

OLDEST RACE ON THE ROADS IN WEST
VIRGINIA

RACE INFORMATION: KELLY MCGRAW, RACE DIRECTOR, (304)346-0470

OR VIA E-MAIL AT RUNNINKEL@AOL.COM

START/FINISH: POCA RIVER NEW BRIDGE AT THE END OF
DOC BAILEY ROAD IN CROSS LANES

ENTRY FEE: \$12 PRE -ENTRY, \$15 RACE DAY MAKE CHECKS PAYABLE TO: POCA RIVER RUN

SEND ENTRY TO: POCA RIVER RUN, 9 33RD ST SE, CHARLESTON, WV 25304

AWARDS: M/F OVERALL CHAMPIONS, MASTER CHAMPIONS, MALE HEAVYWIEGHT 185+LBS
AWARDS IN THE FOLLOWING RUNNERS AGE GROUPS

MALE

FEMALE

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

Name: _____ Race day age: _____
Street: _____ Sex: _____
City: _____ State: _____ Zip code: _____
Telephone: _____ Shirt size: S 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, EXECUTERS AND ASMINISTRATORS, 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 PHYSICIANS OR QUALIFIED INDVINDUAL HAS ADVISED ME AGAINST COMPETING IN THE POCA RIVER 15K.

SIGNATURE: _____

(PARENT OR GUARDIAN MUST SIGN IF RUNNER IS UNDER 18 YEARS OF AGE)