# SPRING THAW 5K RUN/WALK

## ENTRY FEES

| | If registered by April 12, 2008 | If registered on/after April 13, 2008 |
|---|---|---|
| Member | $15.00 per person | $17.00 per person |
| Non-Member | $17.00 per person | $20.00 per person |

Entry fee includes Spring Thaw 5K race T-shirt for adult and youth participants ages 6 and up.

Refund

No refund will be given after the entry deadline since financial commitments have been made.

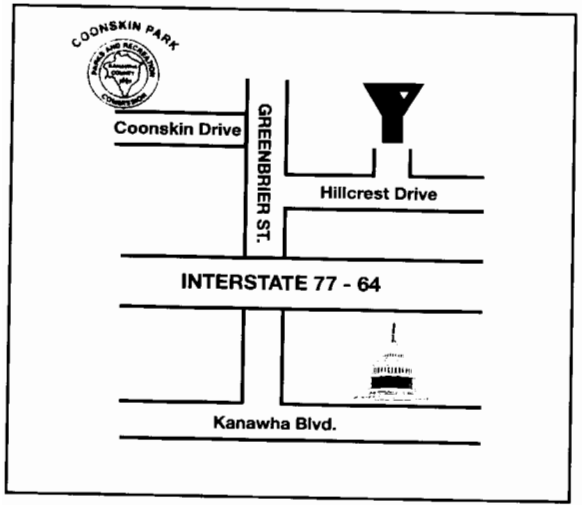
## SITE INFORMATION

**Location:** Coonskin Park
2000 Coonskin Drive
Charleston, WV

**Start:** Clubhouse

**Time:** 10:00 AM Run & Walk
(6 years & older)

## DIRECTIONS




## COURSE DESCRIPTION

The 5K run/walk is an out-and-back course held within the confines of a county park. The road is paved with rolling hills. There will be limited vehicle traffic on the course.

## AWARDS FOR RUNNERS

Trophies will be awarded to the overall male and female winner. The top two males and females in each age category will receive a trophy.

| | | |
|---|---|---|
| 18 and under | 19-29 | 30-39 |
| 50-59 | 40-49 | 60+ |

**All Children (6-12) years of age will receive a certificate of participation.**

Award ceremony will be held immediately following the run.

## REGISTRATION INFORMATION

Registration will be taken in the following way:

- Visit the **Charleston Family YMCA**
- Credit Cards: American Express, Visa, and Master Card.
- Registrations will be accepted until 9:30 AM (on location) April 19, 2008
- All proceeds go to support the YMCA youth scholarship fund.
- The course is a certified race route.

NOTE: Race packets will be made available at the YMCA on April 17, 2008 (after 9:00 AM).

## ENTRY FEE SUBMISSION

Please mail your registration and make your check payable to:

**Charleston Family YMCA**
Attn: Jim Harris, Race Director
100 YMCA Drive, East
Charleston, WV 25311
(304) 340-3535

## ENTRY FORM

**ONE PER PERSON**

Select one: ❍ Adult (ages 13 and up)
❍ Youth (6-12 years of age)

children 5 and under do not need to register but may participate in the race for free with a registered adult.

Select one: ❍ 5K Run ❍ 5K Walk

First name

Last Name

❍ Male ❍ Female Age on race day

Address

City

State Zip

E-mail

Phone

Emergency contact name

Emergency contact phone

Shirt size Adult ❍ S ❍ M ❍ L ❍ XL ❍ XXL
Youth ❍ S ❍ M ❍ L

As of today, are you a YMCA member? ❍ Yes ❍ No

### PARTICIPATION WAIVER

Release: I hereby release myself, my heirs, executors, agents, and administrators, and relinquish all rights and claims for damages I may have against the Charleston Family YMCA for all injuries which may be suffered by me in connection with my participation in the Spring Thaw 5K Run/Walk.

Signature _____ Date _____

Parent's Signature (under 18) _____