



2018 Mountain State Forest Festival 10K Run/5K Walk

September 30, 2018 Registration: 10:30 a.m.

Race to start at 12:30 p.m., **Kids 1 Mile Challenge** – 12:45 p.m.

SPONSORED BY: HIGHMARK BLUE CROSS BLUE SHIELD; FRANK L. MAMS, DDS, PLLC;
BROUGHTON'S SPORTS & TROPHY WORLD; ELKINS BUILDERS SUPPLY;
ELKINS REHABILITATION & CARE CENTER; DAVIS ELECTRICAL SERVICE;
A&M SOLUTIONS, INC.; AND CARTE HALL CPA

Please complete and remit pre-registration forms by September 23, 2018 to:

Lisa Severino
106 Edgewood Lane
Elkins, WV 26241

LOCATION: Registration will be located at the Elkins YMCA, 400 Davis Avenue, Elkins.

ENTRY FEES: Pre-registration fee \$20, \$25 day of the race. **(Make checks payable to: Mountain State Forest Festival)**. Kids 1 Mile Challenge free; register on race day.

Name: _____

Address: _____

Email: _____

10K **5K**

5K non-competitive

Male

Female

Age on 09/30/2018 _____

Circle Shirt Size: Adult S M L XL XXL

RULES & REGULATIONS:

1. Runners shall complete the course as marked and directed.
2. Runners/Walkers must complete the course in which they have registered.
3. All decisions of the committee as to finish time, place and any disqualifications shall be final.
4. Middle, High School and Collegiate athletes may be ineligible to receive cash prizes.

RELEASE: By signing this form, I release the Mountain State Forest Festival from any and all personal injury or property damage that I may incur as a result of my participation in the Mountain State Forest Festival 10K/5K race. I indicate that I had read the Rules & Regulations and understand each as they apply and have made a copy for myself/organization/business.

AWARDS & REFRESHMENTS: Seneca Mall / Post-Race Recovery by Seven Performance.

SIGNATURE: _____

(Parent/Guardian if Under 18)

DATE: _____