

Kingwood Knights of Columbus #9578
Rowlesburg 10 and 5-K Run, 2 mile walk
To benefit CPMS Cross Country Team
Date: Sunday November 11, 2018
Start Time: 2:00 p.m.

Location: Rowlesburg City Park, Rowlesburg, WV 26425, 10 miles South of Kingwood on Rt. 72. Registration in Rowlesburg High School.

Course: Flat out and back course along the Cheat River on Rt. 72 for both the 10K and 5K. The cave will not be used. The 2 mile walk will start with the runners, but will make a left through town.

Refreshments and Prizes: Refreshments to all runners and door prizes to those present will be held in the Rowlesburg VFW. T-shirts to all pre-registered runners, race day t-shirts not guaranteed. Four pumpkin pies will be given out.

Awards: Top 3 male and female overall finishers, top 3 finishers in each of the following categories: 14 and under, 15-18, 19-29, 30-39, 40-49, 50-59. Two awards for women 60 and older, men 60-69, and men 70 and older. The walk awards the top three overall male/female.

Entry Fee: \$20.00 if postmarked by November 3, late registration and race day will be \$25.00. Sorry, no refunds. Make checks to CPMS Cross Country and mail to: David G. Pauly, 603 Borgman Rd. Kingwood, WV 26537-8171.

Race day registration will be from 12:00pm - 2:00pm

Information: Call David Pauly@ 304-282-2914 or 304-329-2525 after 6:00pm or e-mail at coachpauly@frontier.com

Registration Form

Name: _____ Male: ___ Female: _____
Address: _____ Birth Date: __/__/__
City: _____ State: _____ Zip: _____ Age: _____
Phone: () _____

Please circle choice Race: 10K 5K 2 mile walk Shirt Size: S M L XL

In consideration of your acceptance of my application for entrance in the Rowlesburg 10 and 5 K and 2 mile walk, I, for myself and everyone entitled to act on my behalf, waive and release the Knights of Columbus #9578, the town of Rowlesburg, the VFW, Central Preston Middle School, and all sponsors, for all claims of damage, demands, actions whatever in any manner arising out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently train to participate in this event.

Signature of Applicant: _____ Date: _____

Signature of Parent: _____ Date: _____

(If under age 18)