

Race Information

Course:

This course is a relatively flat fast loop circling the Preston County Country Club Golf Course. Located of off route 7 east of Kingwood next to Camp Dawson. For a more detailed course description please visit: www.iplayoutside.com.

Entry Fee:

\$20 if you register by April 24th, 2010. Race day registration is \$25.

Cheat Fest 5K Perks:

The first 100 registered runners will receive a free race T-Shirt and all registered runners will receive free admission to the Cheat River Festival! Non-Racers can enter Cheat Fest with a \$15 donation. Children are admitted free.

Unique Awards:

Age group winners will receive beautiful ceramic medallions, and overall winners will receive sculpted ceramic bowls. All awards are dyed with EnvironOxide, a pigment recovered from acid mine drainage streams.

Finish:

Water and snacks will be available for runners immediately following the race. Everyone can purchase additional food and beverages from the many quality vendors on the festival grounds.

Results:

Race recap, photos, and times will be available online at www.iplayoutside.com.

Check-In & Start Time:

Registration: 8:30 – 9:45am
Start Time: 10:00 rain/shine/or even snow

Goals and History

In 2002, a group of over 50 volunteers from Preston County came together to form the Preston Rail-Trail Committee. In cooperation with Friends of the Cheat, the committee is endeavoring to purchase 3 abandoned railroad corridors and convert them into recreational trails. Such trails would expand the recreational opportunities of Preston County for residents and visitors. PRTC and FOC have partnered with the Preston County Commission, the City of Kingwood and the National Park Service's Rivers & Trails Program to achieve this goal. Additionally, the project has been endorsed by the towns of Rowlesburg, Albright, and Tunnelton. Proceeds of this race will benefit the Preston Rail-Trail Committee. Ultimately with your help this race will eventually be run on the CSX – Cheat River Corridor Rail Trail.

Friends of the Cheat

Friends of the Cheat has been a 501(c) 3, nonprofit watershed organization since 1994. Our goal is "to restore, preserve, and promote the outstanding natural qualities of the Cheat River watershed." FOC's efforts consist of monitoring streams and sources for acid mine drainage (AMD), coordinate funding and design of AMD treatment projects, provide recreational access to the Cheat and Big Sandy rivers, develop abandoned railroad corridors into recreation trails, and provide educational outreach to the community on conservation issues. For more information about Friends of the Cheat, please visit us on the web at www.cheat.ore.



Race Application

Name: _____

Street: _____

Town: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Age (on 5/1/2010) _____

Gender (circle): Male/Female

Where did you here about the Cheat Fest 5K?

Early Registration: \$20
(If postmarked by April 24th 2010.)

Race Day Registration \$25

All registrants receive free admission to the Cheat River Festival. The first 100 registrants will receive a free Cheat Fest 5K T-Shirt.

Register Online:
cheat.org/festival/roadrace/cheatfest5k-form