37th Annual Grafton 5-Mile Run
Sponsored by Grafton City Hospital and Tygart Valley Rehab and Fitness

Sunday, March 18th

37 years and still runnin'

THE START AND FINISH OF THE RACE WILL BE AT GRAFTON HIGH SCHOOL.

EVENTS:
1:30 p.m. - .5 Mile Kids Run (1/2 mile). All finishers will receive an award.
2:00 p.m. - 5 Mile Run (loop course with start and finish at **Grafton High School.**
2:00 p.m. - 2 Mile Walk with awards for the top two overall male and female finishers.
We do not have spotters to enforce the rules for race walking.

AGE GROUPS: 0-18, 19-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 - over (5 Mile Only)

5 Mi. AWARDS: Overall top three male and female finishers. Awards to the first overall male and female finishers from ***Taylor County Middle School*** and ***Grafton High***.

POST-RACE: Beverages and snacks will be available after the race in the Clair Bee Field House at GHS
The awards ceremony will take place in the registration area.

ENTRY FEE: $15.00 for the 5 Mile Run & 2 Mile Walk if registered by Monday March 12th.
The cost to register will be $20.00 thereafter. Kids Run entry fee is $3.00 without a T-shirt. Short sleeved T-shirts will be guaranteed to 75 PRE-REGISTERED RUNNERS. Make checks payable to:
GHS 11th Grade Class

MAIL TO: EVA ROBINSON , GRAFTON HIGH SCHOOL 400 RIVERSIDE DRIVE, GRAFTON, WV 26354

QUESTIONS: erobinso@access.k12.wv.us or 304-265-3046 daytime only-0r 304-677-3793 cell #

GENERAL: Restrooms and changing facilities are available. Splits will be given out at each mile.
Water at the 2 and 4 mile markers. DO NOT ARRIVE DURING KIDS RACE, THEY WILL NOT LET YOU THROUGH TO THE HIGH SCHOOL.

NAME: _____

ADDRESS: _____

CITY, STATE: _____

PHONE: _____ **EMAIL:** _____

EVENT: **5 Mile Run 2 Mile Walk Kids Run** **SEX:** **Male or Female**

AGE: _____ **(On March 18th, 2012)** **SHIRT SIZE (adult):** **S M L XL**

WAIVER: In consideration of the acceptance of this entry, I waive for myself, my heirs, and assigns, all claims for damages which I might have against the race, its sponsors, or any other organization, business, or individual as a result of any and all injuries which might be received during the contest. I also release any photos that may involve myself.

SIGNATURE: _____
(Parent signature if runner is less than 18 years old)