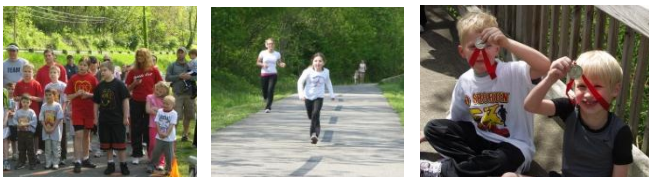




Lace up your big, floppy red shoes... or just your running shoes and join us on **Saturday, April 28** for the **3rd Annual Red Shoe 5K Run/Walk and Fun Run**. Held at Decker's Creek Trail in Sabraton, this event will host approximately 400 participants, moving across a 5K course (3.1 miles) that begins and ends at Marilla Park Pavilion. Kids will enjoy the One Mile Fun Run where everyone's a winner! Kicking off at 9 am, runners and walkers alike will come together for a day of fun, food, entertainment and giveaways.

All Red Shoe Run proceeds benefit RMHC. Every dollar contributed will stay here in Morgantown, bettering the house, the local community and the families we serve.



Founded in 1990, the Ronald McDonald House Charities of Morgantown, WV was created to find and support programs that make an immediate and positive impact on the health and well-being of children. Guided by our core values, RMHC provides a "home-away-from-home", without the financial burden of a hotel for families of critically ill children. Yet, RMHC is more than a roof overhead. During this emotional time, the house offers the comforts of home, while also providing support and encouragement.



Ronald McDonald House Charities  
of Morgantown, WV  
841 Country Club Drive  
Morgantown, WV 26505



Ronald McDonald  
House Charities  
Morgantown, WV

# Red Shoe Run



## 5K Run/Walk & Fun Run

Saturday

**April 28, 2012**

Deckers Creek Trail

**5K Run/Walk**

9:00 am

**Kids Fun Run**

10:00 am

**Race information:**

304-598-0050 or [rmhcmgtn.org](http://rmhcmgtn.org)

**RACE INFORMATION:**

All races begin & end at the Marilla Park Pavilion\*. For race course information, entry forms & volunteer information, please visit [www.rmhcmgtn.org](http://www.rmhcmgtn.org).

\*Decker's Creek Trail in Sabraton at Marilla Park, East Brockway Avenue, Morgantown, WV 26507.

**START TIMES:**

- Registration & Check In – 7:00 am – 8:45 am
- 5K Run/Walk – 9:00 am
- Kid's Fun Run – 10:00 am

*Can't participate, but still want to support RMHC? Become a Sleeper team member & you can support the cause by sleeping in!*

**PRE-REGISTERED PARTICIPANTS RECEIVE:**

- Official Red Shoe 5K Run/Walk T-shirt
- Registration Packet & Goodie Bag
- Snacks & Refreshments
- Awards Ceremony

**PRE-REGISTERED FUN RUN PARTICIPANTS RECEIVE:**

- Official Red Shoe 5K Run/Walk T-shirt
- Medal

**RACE DAY**

**SCHEDULE OF EVENTS:**

- 7:00 am – Registration & Check-In Opens
- 8:45 am – Registration Closes
- 9:00 am – 5K Run/Walk Start
- 9:30 am – Kid's Fun Run Registration Opens
- 10:00 am – Kid's Fun Run
- 10:30 am – Awards Ceremony

**AWARDS:**

Awards will go to the top three male & female 5K Run & 5K Walk finishers & the top three male & female finishers in each age bracket.

Age bracket breakdowns are: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 & 70+.

The Awards Ceremony will begin at 10:30 am at Marilla Park Pavilion.

**TIMING/RESULTS:**

Computerized timing & scoring will be provided by Miles of Smiles Timing Service & results will be posted on [playoutside.com](http://playoutside.com).

**RED SHOE RUN 5K ENTRY FORM:**

Please make checks payable to Ronald McDonald House Charities. Mail to: Ronald McDonald House Charities of Morgantown, WV – Red Shoe Run  
841 Country Club Drive  
Morgantown, WV 26505

Online information & registration is available through [www.rmhcmgtn.org](http://www.rmhcmgtn.org).

**PARTICIPANT INFORMATION:**

Name: \_\_\_\_\_ Circle: Male/Female

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_ Age: \_\_\_\_\_

Please circle T-shirt size:

Youth: S M L  
Adult: S M L XL XXL

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_



I know that running or walking a road race is a potentially hazardous activity. I should not enter & run unless I am medically able & properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event but not limited to fall, contact with other participants, the effects of weather, including high heat &/or humidity, traffic & other conditions of the road, all such risks being known & appreciated by me. Having read this waiver & knowing those facts & in consideration of your accepting my entry, I for myself & anyone else entitled to act on my behalf, waive & release Ronald McDonald House Charities of Morgantown, WV & all sponsors, their representatives & successors from all claims in liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion picture recordings or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian if entrant is under 18.



	Register by 4/20	Onsite Registration	TOTAL:
5K Run / Walk <i>(please circle one)</i>	\$15	\$20	
Sleeper Team	\$15	n/a	
Kid's Fun Run	\$5	\$10	
Donation to Ronald McDonald House Charities			
<b>TOTAL:</b>			
<b>Billing Information:</b>			
Credit Card: AmEx, Discover, MasterCard or Visa <i>(please circle)</i>			
Card #:	Exp.:		
Signature:	CVV #:		