Miles of Smiles Half Marathon & 5K

SUNDAY NOVEMER 18, 2012 NOON START for HALF MARATHON, 5K starts 15 minutes later

MONONGAH, WV 3.5 miles from I-79, exit 132 gps setting: 430 Bridge Street

TWO VETERAN RUNNER/RACE DIRECTORS COMBINE to MAKE *ONE* MEMORABLE EVENT:

…LONG SLEEVE TECH SHIRTS– attractive art work –no advertising

…MEDALS to all half marathon finishers

…CHIP TIMING…3hour time limit

…FULL COURSE MEAL following race

REGISTRATION/PACKET PICKUP (10:30am) & POST RACE FOOD at MONONGAH TOWN HALL

QUALITY TROPHIES to FIRST 3 FEMALES & to FIRST 3 MALES in BOTH RACES

AWARDS in 10 year age groups see website for details

DOUBLE out and back on West Fork Trail Flat, fast wheel measured course 90% paved

ENTRY half marathon $30 $35 after Nov 12 Entry 5K $20 $25 after Nov 12

ONLINE REGISTRATION at runsignup.com PHOTOS by iPlayOutside

Area lodging will be scarce due to WVU playing Oklahoma on November 17. Make lodging plans early.

For complete directions or other information: contact Jim Woolfitt 304 825 6311 run2read@yahoo.com

or Herb Cratty 724 758 2506 bonnherb@yahoo.com

Name_____Age on 11/18/12_____dob_____

Address_____Shirt size: xs s m l xl

City, State, Zip_____

Phone_____Email (optional)_____

Waiver: I waive for myself, my heirs and assigns: all claims for damages which I have against this race, Miles of Smiles Timing Services, Marion County Parks and Recreation Commission, Town of Monongah or any other business, organization or individual as a results of any and all injuries which might be received as a result of this event. I release any photos. I attest that I am physically for for this event.

Signature_____

(Parent or guardian must sign for those under 18 years of age)

Make checks payable to Miles of Smiles Timing Services; Mail to RR 1 Box 50, Farmington, WV 26571

No refunds for *any* reason including *inclement* weather.