



Welcome to the 1st Annual "The Charge" 5K Obstacle Challenge Race hosted by Jefferson County Parks and Recreation!
Are you ready to Race into Battle!?

Saturday, April 13, 2013

SCHEDULE OF EVENTS

6:00-7:30am: Registration & Packet Pick up

8:00 am: Start of Heat 1

8:30 am: Start of Heat

9:00 am: Start of Heat 3

10:15 am: Awards Ceremony

11:00 am: Kids Fun Run (*Note registration closes at 10:30am*)

Mail or drop off your registration form with payment to JCPRC: 235 Sam Michael's Lane, Shenandoah Junction, WV 25442

REGISTRATION FORM		NAME: _____	
ADDRESS: _____			
CITY/STATE/ZIP: _____		PHONE: _____	
EMAIL: _____		T-SHIRT: SIZE: S M L XL	
<input type="radio"/> MALE <input type="radio"/> FEMALE	DOB: _____ AGE ON 4/13/2013 _____ T-SHIRT SIZE: (ADULT) S M L XL	Registration fee information: (includes T-shirt) By Feb. 22: \$45.00 By April 5: \$55.00 After April 5 - registration closes online Packet Pick up/ Race-day: \$60.00 Kids Fun Run: FREE	
EVENT: <input type="radio"/> Heat 1 <input type="radio"/> Heat 2 <input type="radio"/> Heat 3	Heat 1 (8:00am) - Full on Charge (expert-level, timed event) Heat 2 (8:30am) - Charger (intermediate – level, timed event) Heat 3 (9:00am) Charger Light (non-competitive, untimed)	REGISTRATION FEE: _____ EXTRA DONATION (OPTIONAL): _____ CHECK TO JCPRC ENCLOSED: _____	
<p>I have read and understand the Waiver policy below.</p> <p>WAIVER: In consideration of my application and permitting me to participate in this event, I hereby take action for myself and anyone entitled to act on my behalf: Waive, release and discharge from any and all liability from my death, disability, personal injury, property damage, property theft or actions of any kind which might hereafter accrue to me including my traveling to and from the event, THE FOLLOWING ENTITIES OR PERSONS: event coordinator, event director, event committee; The Jefferson County Parks & Recreation Commission (JCPRC); For Love of Children, The Outdoor Education Center of For Love of Children and their affiliates, The Jefferson County Commission, volunteers, Jefferson County, WV, event sponsors, their directors, officers, employees, volunteers' representatives, and agents, and the event holders. I hereby agree to indemnify and hold harmless the entities or person mentioned in this paragraph from any and all liability or claims made as a result of participation in this event, whether caused by the negligence or releases or otherwise. We recognize our obligation to make participants aware of the inherent risk and hazards associated with The Charge! 5K Obstacle Race that we offer. Participants may suffer injuries, including, but not limited to minor injuries such as bruises, sprains and more serious injuries such as broken bones, dislocations, muscle pulls and stitches. There are many other risks of injury including catastrophic injuries such as permanent paralysis or even death from back, neck or head injuries which may arise due to participation in this activity. JCPRC and FLOC insists that all participants agree to abide by all of the safety rules and policies of JCPRC. I grant JCPRC, FLOC, medical personnel, employees, volunteers, staff, or agents of, permission to administer or authorize treatment in the event should any emergency treatment be deemed necessary. Furthermore I do not hold JCPRC or FLOC or any of the above mentioned entities, responsible for any such treatment and/or care or payment thereof.</p> <p>I HAVE READ THE ABOVE WAIVER AND RELEASE AND SIGN IT VOLUNTARILY:</p>			
SIGNATURE: _____		DATE: _____	
<p>If entrant is under age 18, registration form must be signed by a parent or guardian. Unsigned or illegible entries will be rejected.</p>			
<p>PHOTO WAIVER</p> <p><input type="radio"/> I give permission for me or my child to be photographed/videotaped and for the pictures to be used for JCPRC and FLOC publications and/or publicity; including but not limited to websites, Facebook, newspaper, etc.</p>			
SIGNATURE: _____		DATE: _____	
<p>For questions or more information please visit our website at www.thechargechallenge.com or contact Jennifer Myers, jmyers@jcprc.org or 304-728-3207</p>			



Outdoor Education Center
Learn. Trust. Challenge.



OTHER UPCOMING 2013 REGIONAL RACES: *Think Global, Run Local!*

March 17 // Shamrock Scrambler
5K (Route 9 Ped. Path) & 1 mile Fun Run to benefit the
National Multiple Sclerosis Society
T.A. Lowery Elem. School
email: suzymunnis@live.com

APR 14 // Shepherd Wellness Center 5K
Fun Run

APR 28 // 167th Air Guard C-5K and Kids Run
Martinsburg Airport / 167th Airlift Wing

MAY 1 // International Barefoot Runners Day
Celebrate with TRTreads in Downtown Shepherdstown.

May 5 // Run by the River DAY CARE 5K
A 5k to benefit Shepherdstown Day Care
Meet at the Train Station in Shepherdstown
website: www.shepherdstowndaycare.org

May 12 // Harpers Ferry ½ Marathon, 4 mile &
Kids fun run.

May 19 // CASA 2012 Two Rivers Century Ride
Variety of 10 to 100 mile supported bike rides to benefit
abused or neglected children. Start/finish in downtown
Shepherdstown.
email: Vickey@casaep.org

June 3 // Antietam 10K & 5K Run Through History
Antietam National Battlefield, Sharpsburg, MD.

June 23 // The Cougar Challenge
X-Country 5K & 1 M Fun Run in Sam Michaels Park
to benefit Jefferson High School Cross-Country and
Track Teams
email: suzymunnis@live.com

October 13 // Freedom's Run
A Race for Health and Heritage
marathon, half marathon, 10k, 5k, kids run
Race includes the historic sites of Harper's Ferry
National Park, the C & O Canal, Antietam Battlefield,
and Shepherdstown.
website: www.freedomsrun.org

October 20 // Apple Trample
The 5k race course takes you down the parade route of
the Mountain State Apple Harvest Festival.
website: www.msahf.com

November 3 // Wee Warrior Dash.
ALL AGES welcome - one mile obstacle course for
kids with ½ mile option. Sam Michael's Park.
Website: www.jcprc.org