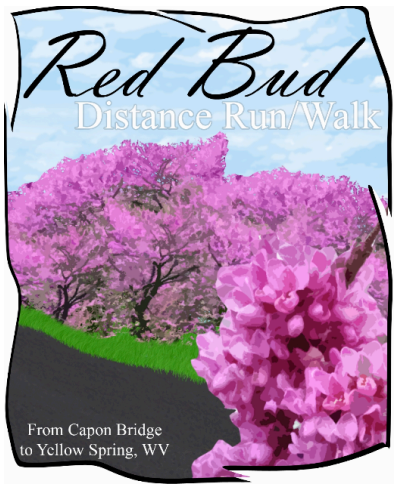
* RRCA WV State 10-mile Championship

* A prompt 8 a.m. start

* A liberal 3-hour limit

* 10-mile and 5K distances

* Proceeds to shared with the Hampshire County Committee on Aging's senior nutrition program and the PHDC's college scholarship fund.



RRCA CHAMPIONSHIP RACE

Sunday, April 28, 2013

First Name _____ **M.I.** _____

Last Name _____

Address _____

City _____

State _____ **ZIP** _____

Day Phone _____

Email _____

Circle one

10-mile 5K

Running club name _____

Emergency Phone # _____

Birthdate _____ **Age on 4/28/2013** _____ **Gender (circle one) Male / Female**

A point-to-point 10-mile road run/walk that parallels the Cacapon River from Capon Bridge to Yellow Spring in Hampshire County, WV.

10-mile entry fee schedule:
- $10 for PHDC members
- $15 for not-yet-members (general public)

5K entry fee schedule:
- FREE for PHDC members
- $5 everyone else

Waiver:

In consideration of accepting entry for any of these events, I hereby, for myself, my heirs and executors, waive and release any and all claims that I may have against any and all persons and organizations affiliated with this event. This includes, but is not limited to, the Potomac Highlands Distance Club, Hampshire County government and all volunteers and sponsors while participating, traveling to or from the Red Bud Distance Run/Walk start or finish line areas. I further attest that I am physically fit and have trained sufficiently for the event chosen.

_____
Signature of participant / date

_____
Signature of Parent/Legal Guardian if

Make a copy for yourself. Make check payable to PHDC, then mail entry & payment to:

Potomac Highlands Distance Club
P.O. Box 102
Augusta, WV 26704

www.PhDispatch.com

Questions? Call Kevin at 304-209-8981 or email run@phdispatch.com.