



Mountaineer Middle School Track & Cross Country 5K Run/Walk

Date: Saturday, April 22, 2023

Time: 9:00 AM run, 9:05 AM walk (Registration begins at 8:00 AM)

Place: Tug Boat Depot Park – Caperton Trail (near Terra Café)

Pre-Registration Fee: \$20 (Register by April 1st to guarantee race t-shirt!)

Day of Registration: \$25

Awards for: Top 3 M/F Overall, Top 3 M/F Middle Schoolers, Top 3 M/F in the following age categories:
(0-11), (12-18), (19-29), (30-39), (40-49), (50-59), (60-69), (70+)

All proceeds benefit the MMS Track and Cross Country Teams

REGISTRATION FORM

Name: _____

Age on race day: _____

Phone: _____

Gender: Male Female

Email: _____

Middle Schoolers Only - Grade: 6 7 8

Address: _____

Shirt Size: XS S M L XL

WAIVER: I know that running in a race is a potentially hazardous activity, I am in proper physical condition to compete in this run and assume all risks associated with my participation including, but not limited to falls, contact with other participants, the effect of weather including high heat and/or humidity, traffic, and conditions of the road, all such risks being known by me. In consideration of this entry, I for myself and anyone entitled to act on my behalf, waive and release all race officials and any other sponsors, groups, or individuals associated with this event of any and all liability. Furthermore, I grant the agents of this event permission to use photographs, videotapes, motion pictures, recordings or any other record of me in this event for any legitimate purpose.

Signed: _____ Date: _____

(All runners must sign waiver; parent signature is required if applicant is under 18 years of age.)

Mail in registration deadline is April 14, 2023. Send your completed registration and \$20 check payable to Mountaineer Middle School, 991 Price Street, Morgantown, WV 26505. For online registration through April 20, 2023, visit runsignup.com/mountaineermiddleschool5krunwalk. Day of Race registration fee is \$25 and will be from 8AM through the start of the race and payable by cash or check only. (no credit cards) Race bibs will be available for pick up on race day.