



14th Annual Maura Rae Kuhl AED Foundation 5K Run/1 Mile Walk

GLOW RUN

www.mrkaedfoundation.org

Where: Putnam County Courthouse, Winfield West Virginia.
When: Friday, August 8th, 8:30 pm. (Registration begins at 7:00pm)
Distance: 5K Run/1 Mile Walk
Entry Fee: \$25, All entries received prior to August 1st are guaranteed a race T-shirt.
Age Groups: Elementary: 11 & Under
Middle: 12-14
High: 15-18
Adult: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over

Awards: Medals for Runners in Each Age Division

Please contact Jess Kuhl at (304) 395-2511 or jkuhl19@gmail.com for any questions

Submit Entries to: jkuhl19@gmail.com, or Mail to MRK 5K, 20 Hazel Circle, Winfield WV 25213

Name (First, Last): _____ Age: _____ M / F (circle one)

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ @ _____ Phone: _____ () _____

Shirt Size: (circle one) Adult: XXL, XL, L, M, S

Event: 5k Run

Youth: L, M

1 Mile Walk (Will not be timed)

Virtual (Receive a tshirt and not participate)

Waiver and release of liability: In consideration for acceptance of this entry, I hereby waive all rights and claims for damage against the Maura Rae Kuhl AED Foundation, its officers, volunteers, the City of Winfield, and anyone associated with or sponsors of the MRK AED Foundation 5K Run/Walk. I attest that I am in good physical health and able to participate. I am 18 years of age or am accompanied by and have the consent of my legal guardian.

Signature: _____ Date: _____

Participant or Legal Guardian