

## Watoga State Park

# Mountain Trail Challenge – 8:30 AM August 11, 2018

Proceeds benefit the Watoga State Park Foundation.

Register by mail or online at [APTiming.com](http://APTiming.com)



<p><b>Course Information:</b> <b>Half Marathon and 5K Race</b> on forest roads and trails in Watoga State Park and Calvin Price State Forest. The 2018 race routes are the same as those for previous years.</p> <p>Course maps and information: <a href="http://watogafoundation.org/race">watogafoundation.org/race</a></p> <p>Email: <a href="mailto:watogafoundation1@gmail.com">watogafoundation1@gmail.com</a></p>	<p><b>Awards and Bonuses:</b> T-shirts for all entrants; Awards for 1<sup>st</sup> and 2<sup>nd</sup> overall male and female runners in each race, and also 1<sup>st</sup> and 2<sup>nd</sup> in each age group, male and female; Finishers' Medals for Half Marathon; lunch served free for all runners.</p> <p><b>Registration:</b> <b>Half Marathon:</b> \$40 before July 1<sup>st</sup>, \$45 from July 1<sup>st</sup> to August 10<sup>th</sup>, and \$50 on race day, August 11<sup>th</sup></p> <p><b>5K Race:</b> \$25 before July 1<sup>st</sup>, \$30 from July 1<sup>st</sup> to August 10<sup>th</sup>, and \$35 on race day, August 11<sup>th</sup></p> <p>Walkers permitted in the 5K only. Half Marathon racers must reach the Bear Pen Trail turn at Island Lick Run (7.3 miles from Start) by the announced time in order to continue. Others will be shuttled back to the Start/Finish.</p>
<p><b>Age Groups:</b> 14 and under, 15 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70+</p>	

Please fill out the form below and mail with remittance to: Watoga State Park Foundation

4800 Watoga Park Road

Make checks payable to

Marlinton, WV

Watoga State Park Foundation

24954

### Watoga State Park Mountain Trail Challenge - Registration Form

Race: 5K \_\_\_\_\_ Half Marathon \_\_\_\_\_

First name: \_\_\_\_\_ Last name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M / F

Shirt Size: S / M / L / XL / XXL Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Discount code: \_\_\_\_\_ Amount enclosed: \_\_\_\_\_ Team (if any) \_\_\_\_\_

E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather (including cold weather and ice), traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release Watoga State Park Foundation, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature (Parent if under 18) **ALL PARTICIPANTS MUST SIGN ENTRY FORM**

Date