

Map:

Start EVFD, go Rt. 62 east to left on East Fir St. to right onto Marble Dr. to left on Granite Dr. to left on Sandstone Dr. to left on Limestone Dr. to right on Marble Dr. to right on Fir St. to right on Ivywood St. to left on Juniper St. to left on Rt. 62 (sidewalk) back to EVFD. Parking (P) available at the G.W. Elem. & Middle school, VoTech school, and at the Town Hall (Red house).



5K Run: Awards will be given to the overall top male and female finisher and the top male and female in each of the following age groups: 7 & under, 8-9, 10-11, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+.
(Duplicate awards will not be given)

2K Walk: All ages
Registration Fee includes **Runners Tech Shirt** for 5K Run/Walk (**register early** - shirts are limited to the first 100 participants)

Kids Sundae Fun Run : 8 & under.
Participation award for everyone (**T-Shirt & Sundae** for first 30 participants)

Walkers with children:
Children under the age of 5 are free but must be accompanied with a paying adult. Course support will only be available for one hour and then you will be on your own. Slower participants are asked to keep to the right and yield to others.



**Special Sundae Run
for Kids
&
Tech Shirt for 5K Run/
Walk participants**

**Sunday,
October 3, 2010
3:00 p.m.— 5K Run/2K
Walk
4:00 p.m.— Kids Sundae
Fun Run**

**Start / Finish
EVFD Firehouse
Eleanor, WV**

**Proceeds and donations
to benefit the Eleanor
Volunteer Fire
Department**



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**Start / Finish
EVFD Firehouse
Eleanor, WV**

•Registration Fee (make payable to EVFD): **Run/Walk \$20** / person if pre registered by September 23, 2010 or \$25 / person after September 23, 2010 & Race day and **Kids Sundae Fun Run \$10** / per child (8 & under) (T-Shirt for first 30 participants)

Registration Fee includes Runners Tech Shirt for 5K Run/Walk (**register early - shirts are limited to the first 100 participants**)

Registration & Check in:

Race day registration and check in from 1:45 p.m. till 2:45 p.m. at the EVFD.

Parking:

Parking is available at the G.W. Elementary & Middle school, Putnam Co. VoTech school and Town Hall (Red House)

Course:

The 3.1 mile flat course is laid out through the Eleanor town streets. Volunteers will be stationed at various points throughout the course.

Proceeds / Donations:

Proceeds / Donations from the event will go towards the EVFD.

Information:

For more information contact David Turley (304) 380-8032 or Gary Young (304) 389-1033 visit the website www.Eleanorfire.com

Eleanor Firehouse 5K Run /2K Walk /Kids Sundae Fun Run

Registration form for each participant (Please print legibly)

Mail to: Firehouse 5K, Attn: David Turley, P.O. Box 1184, Eleanor, WV 25070
Registration Fee (make payable to EVFD): **5K \$20** if postmarked by 9/23/10 or \$25 after 9/23/10, and **Kids Sundae Fun Run \$10**.

I will be participating in (mark one event)	Time	Price
<input type="checkbox"/> 5K Run	3:00 p.m.	\$ _____
<input type="checkbox"/> 2K Walk	3:00 p.m.	\$ _____
<input type="checkbox"/> Kids Sundae Fun Run (8 & under)	4:00 p.m.	\$ _____
<input type="checkbox"/> I would like to make an additional donation		\$ _____
		Total: _____

Shirt Size: __ YS __ YM __ YL __ S __ M __ L __ XL __ XXL

Name _____

Address _____

Phone _____

E-mail _____

Age (as of 9/23) Male Female

WAIVER: (Please read, understand and sign the following 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 complete 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, snow and/or ice, high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release EVFD, its directors, officers, and staff, the city of Eleanor, WV and its employees, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

I understand that headsets of any kind, dogs on leashes, in-line skates, and bicycles are prohibited and that violation of this prohibition will result in disqualification & removal.

Signature _____ Date _____

Guardian (if participant is under age 18) _____ Date _____