



4th Annual
"Run For the Health of It"
5K Run and 5K Walk
Saturday AUGUST 15th

DATE: August 15, 2009 – 8:00 A.M.
PLACE: Valley Park (Wave Pool) – Hurricane, WV
ENTRY FEE: \$15 by 08-07-2009 and \$20 Race Day

RACE DAY REGISTRATION:

Will be held from 7:00 AM to 7:45 A.M. at the Wave Pool in Teays Valley.

ENTRY FEES:

- * The entry fee for the 5K Run and Walk is \$15.00 prior to August 07, 2009 and \$20.00 the day of the race. All mailed entry forms must be received by August 15th.
- * Proceeds from the race go to the Hurricane High School Boys Cross Country Team and "The Putnam Youth Wellness Task Team" to promote safe and drug free activities for Putnam County youth.
- * Separate "Run For The Health Of It" & "Walk For The Health Of It" T-Shirts will be given to the first 100 registered.
- * **RUN AWARDS:** 1st, 2nd, 3rd, Overall Male & Female finishers, Two deep in Male and Female Age Divisions.
- * **AGE GROUPS/ Male & Female:** 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & Over.
- * **If you have any questions or need more information call Charley Bowen at 550-3260 or 562-7307.**

