

United Way of the River Cities
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For Immediate Release

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The Herald-Dispatch Presents – WV 5K Championship Run/Walk -Last week for pre-registration at the discounted rate-

Huntington, WV – On Saturday, June 6, 2009, The Herald-Dispatch and sponsors will present the WV 5K Championship Run/Walk on Veteran's Memorial Blvd. in Huntington, WV at 8 a.m. This is the first state 5k championship to be held in West Virginia in over 10 years.

“We are encouraging people who may have never participated in a 5k before to participate by walking or running,” said Pat Riley, Race Director. “This is a walk/run event. We welcome all groups to wear t-shirts / gear to show their organization affiliation during the race,” said Riley.

This is the last week for pre-registration at the discounted rate of \$15. Race day registration will be \$25. Registration forms can be obtained by visiting <http://www.tristateracer.com/wv5k/>. Forms are also available for pick up at the United Way office (820 Madison Avenue) or calling 304.523.8929.

“Thanks to Frankie D’s, we are able to offer a free pasta meal to all of those that have pre-registered for the race,” explained Riley. “Participants must pick up their race packet at the Pullman Plaza Hotel (1001 3rd Ave.) on Friday June 5, 2009 between 4:00 PM and 8:00 PM to obtain their coupon for Frankie D’s.”

Prizes for runners and walkers are as follows and are for male/female: 1st Place Overall - \$300, 2nd Place Overall - \$200, 3rd Place Overall - \$100; 1st Age Grouper - \$50, 2nd Age Grouper - \$25, 1st West Virginian in each age group – Mizuno Backpack monogrammed with “WV State Champion”; 1st 5 participants on the 1st Corporate Cup Team receive Clocks from Robert’s Running and Walking Shop.

The race includes a number of divisions which will also be awarded prizes and are as follows, **Corporate Cup** – businesses/organizations, **Uniform Cup** - Firefighter, Police, Military, etc. **Road Runners Club Cup** and the **Prayer Cup** -Religious Affiliations. – *Teams MUST be-registered (post marked) by May 31, 2009.*

An additional 40 volunteers are still needed for this event. Certificates to verify hours will be awarded. Call Cathy Snoddy at 304-697-7550 to volunteer.

Proceeds from this event will benefit United Way of the River Cities, Inc. For more information visit <http://www.tristateracer.com/wv5k/>.

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