

MAPLE FESTIVAL 5K RUN

March 20, 2010

Start time: 9:00 AM

Proceeds to benefit Keyser High School Cross Country Teams

QUEEN CITY STRIDERS CIRCUIT RACE



THE COURSE

a measured/marked course that combines sections of the cross country course, parking lots and roads around Keyser High School.

REGISTRATION:

- Mail in registrations--postmarked no later than **March 15th** insures on-time delivery; include registration fee **OR** e-mail to jmaltobello@verizon.net

Make checks payable to:

Keyser High School
Memo: 5K

ENTRY FEE:

- **\$15.00** for all entries
- E-mail and race day entries paid at sign-in
- **NO LATE FEE**

Mail entries to:

Joe Altobello
Maple Festival 5K
HC 72, Box 254
Keyser, WV 26726

RACE DAY SIGN-IN:

Entrants pick up numbers and t-shirts beginning at **7:00 AM**, March 20th at the Keyser High School gym.
Registration **closes: 8:45 AM**

AWARDS: Overall Male and Female winners

Plus:	12 & under	20 – 29	50 – 59
Top 3 finishers in the following age groups	13 – 15	30 – 39	60 & over
for both men and women:	16 – 19	40 – 49	

Miscellaneous:

T-shirts guaranteed to first 60 registrations. Restrooms, dressing/shower rooms available at Keyser High School gym. Splits given at the 1 and 2 mile marks Water provided during the run
Refreshments are available at the finish area.

Call Joe Altobello at (304) 788-1889 with any questions.

In consideration of your accepting this entry in the "Maple Festival 5K Run": I, the undersigned, on behalf of myself, my heirs, executors, administrators, and assigns, do hereby release and discharge Keyser High School, the volunteer medical and support staff and any other sponsors and their representatives, successors, and assigns of all the foregoing from any and all claims for damages, demands, and causes of action arising from and out of my participation in the "Maple Festival 5K Run."

Last Name: _____ First Name: _____

Address: _____ Age (as of March 20, 2010): _____

City: _____ State: _____ Zip Code: _____

Circle: **Male** **Female** Shirt Size: **S** **M** **L** **XL**



Signature: _____ Date: _____

Parent's Signature (if under 18): _____