


# 3rd Annual Founder's Day 5K Run

**Saturday, September 24th, 2011 8:30 AM**

Capon Bridge Community Park

<p>Start and Finish will be at Capon Bridge Community Park - located at the old Capon Bridge Middle School in Capon Bridge, WV.</p> <p>Times for events: <b>8:30am Start</b> <b>9:15am Awards</b></p> <p>Contact: Susan Braithwaite 304-856-3044</p>		<p><b><u>Entry Fees</u></b> <b>Before Sept 15, 2011</b> \$10.00</p> <p><b>Day of Race/After Sept 15</b> Registration \$15.00</p>
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Make all **checks** payable to  
Capon Bridge Founders Day and mail to:  
Susan Braithwaite- HC 61 Box 14  
Capon Bridge, WV 26711

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**Last Name** \_\_\_\_\_ **First Name** \_\_\_\_\_

**Age** \_\_\_\_\_ **Sex** \_\_\_\_\_

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**Street Address** (include apartment number) \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

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**Telephone Number** \_\_\_\_\_ **Email address** \_\_\_\_\_

Not going to run, but please accept my entry fee as a charitable donation

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 weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and understanding these facts, I, for myself and anyone acting on my behalf, waive, and release, the members of the Capon Bridge Founders Day Committee, the Capon Bridge Ruritan Club, individuals conducting the race, and all other sponsors and their representatives from all claims and liabilities of any kind arising out of my participation of this event even though that liability might arise out of negligence or carelessness on the part of persons named in this waiver. I understand and agree to abide by the insurance restrictions, which prohibit the use of portable sound systems, wheel conveyances (excluding racing wheelchairs) but including skateboards, roller skates or blades, bicycles, etc. Illegible applications may result in disqualification. My entry in this race authorizes the Capon Bridge Founders Day Committee, the Capon Bridge Ruritan Club, or sponsors to record the race and its results in any medium and use those recordings in its discretion for any purpose. The Capon Bridge Founders Day Committee, organizers, or sponsors in no manner guarantee the accuracy of recording or reporting of results of any race.

**Signature** \_\_\_\_\_ **Signature by Parent/Guardian (under 18)** \_\_\_\_\_