

A Special Thanks
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Ohio Valley Runners'
Walkers' Club
Presents



CentreTown Fitness

5K

5K RUN *or* WALK

The event is being held by the Ohio Valley Runners' Walkers' Club to promote the physical benefits and social enjoyment of a competitive 5K race run or walk with all pre and post race activities hosted at the CentreTown Fitness facility (located at 20th & Chapline Streets, 3rd Floor).

Saturday,
October 19, 2013
@ 9:00 am

Taking *Strides* Towards Better Health

GRAND PRIX SERIES
Sponsored by The Health Plan, Ohio Valley Runners & Walkers' Club and CentreTown Fitness



CentreTown Fitness

5K

5K RUN or WALK

Registration

Name: _____ Age: _____ DOB: _____

Address: _____

Phone: _____ E-mail: _____

Run Walk S M L XL 2XL Male Female CentreTown Member

CentreTown Fitness 5K Waiver

For and in consideration of permission to participate in this race, I for myself, my executors, administrators and assignees, do hereby release and discharge the sponsors, contributors, officials, employees and all of the City of Wheeling, Ohio Valley Medical Center, Road Runners Club of America, CentreTown Fitness, TJ's Sports Garden Restaurant, Main Street Bank, Ohio Valley Runners' Walkers' Club, Blue Cross/Blue Shield, the Pepsi Bottling Group, First Choice Community Federal Credit Union, and Ohio Valley Steel from all claims and damages arising from my participation in this race. I attest that I am physically fit and sufficiently trained for this event.

Signature: _____ Date: _____

(Parent's Signature if Under 18)

CUT OR TEAR HERE

Entry Fees

Pre-Registration is \$20 through October 18, \$25 October 19 (race day).
Registration is available from 7:00 - 8:30 a.m. on October 19 at CentreTown Fitness.
The entry fee is nonrefundable.
Make checks payable to:
CentreTown Fitness
20th & Chapline Streets, Suite 300
Wheeling, WV 26003

Awards

- Top 3 Overall Male and Female Runners
- Top 3 Male and Female Walkers
- Top 3 finishers in each age group Run and Walk
- First CentreTown Member Male and Female Run and Walk

Divisions

Male & Female Runners (age groups)

15 & under	40-49
16-19	50-59
20-29	60-69
30-39	70 & over

Hospitality

- Quality long-sleeve shirt for the first 200 entrants
- Complimentary healthy snacks and beverages (courtesy Pepsi Bottling Group)
- Showers, whirlpool, and sauna available after the race
- Door prizes
- Open house at CentreTown Fitness

Check-In

Packet pick-up and registration available on Friday, October 18 from 6:00 - 9:00 p.m. and on Saturday, October 19 from 7:00 - 8:30 a.m.

Course

The race begins at the bike trail at 17th and Wood Streets, travels east through Tunnel Green to Rock Point Road, makes a 180° turn up over Rock Point to the Ohio Valley Steel parking lot, through the yellow gate, alongside the railroad tracks to 20th Street, traveling by the new Ogden Newspaper facility and finishing near the parking lot of the Steelworkers Federal Credit Union on 20th Street. The course is very scenic and challenging! Road surfaces vary among asphalt, gravel, and cinder in some areas.