

POTOMAC VALLEY HOSPITAL'S 1<sup>ST</sup> ANNUAL CARDIAC & PULMONARY REHAB 5K  
 RUN/WALK & KID'S FUN RUN  
 SATURDAY, MAY 18, 2013  
 9:00 AM

PROCEEDS GO TO CARDIAC & PULMONARY REHAB EQUIPMENT AT POTOMAC VALLEY HOSPITAL. SPONSERED BY POTOMAC VALLEY HOSPITAL VOLUNTEERS

WHERE: KEYSER HIGH SCHOOL

REGISTRATION: \$15 IF RECEIVED BEFORE MAY 10<sup>TH</sup>  
 \$20 AFTER MAY 10<sup>TH</sup> & ON RACE DAY  
 T-SHIRTS GUARANTEED FOR ALL PRE-REGISTERED ENTRIES RECEIVED  
 BY MAY 10<sup>TH</sup> AND WHILE SUPPLIES LAST  
 RACE DAY REGISTRATION IS FROM 8:00 AM-8:50 AM

AWARDS: 5K RUN AWARDS TO TOP OVERALL MALE AND FEMALE (ONE WEEK STAY AT MYRTLE BEACH CONDO)  
 PRIZES WILL BE PRESENTED TO THE TOP 3 MALE AND FEMALE FINISHERS IN EACH AGE DIVISION

MEN/WOMEN		
9 AND UNDER	25-29	45-50
10-14	30-34	51-60
15-19	35-40	61-70
20-24	41-44	70 AND UP

PRIZES WILL BE PRESENTED TO THE TOP 2 MALE AND FEMALE WALKERS

KIDS FUN RUN (8 AND UNDER): FREE-PARENTS MUST REGISTER CHILD BY COMPLETING FORM. ALL PARTICIPATING KIDS WILL RECEIVE A PRIZE

DOOR PRIZES AFTER THE RACE; YOU MUST BE PRESENT TO WIN

T-SHIRT SIZE: S M L XL XXL (ADD \$2.00) YOUTH SIZES: S(4-6) M (10-12) L(14-16)

5K RUN \_\_\_\_\_ 1MILE WALK \_\_\_\_\_ KIDS FUN RUN \_\_\_\_\_

\_\_\_\_\_  
 Name

\_\_\_\_\_  
 Phone

Sex: M F

\_\_\_\_\_  
 Address

Age on race day \_\_\_\_\_

Waiver: I hereby release from liability The Keyser High School and Potomac Valley Hospital, all sponsors, race officials, and anyone connected with the Potomac Valley Hospital 5K Run for any injury or ailment resulting from my participation in the above stated race. I further state that I am aware this race is a strenuous activity, and that I have prepared properly for my participation in it.

\_\_\_\_\_  
 Signature of runner or parent if runner is under 18 years of age  
 Make checks payable to Potomac Valley Hospital 5K Run  
 100 Pin Oak Lane  
 Keyser, WV 26726  
 Phone: 304-597-3565

