



# The 39th Charleston Distance Run

## 15 Mile, 3-Person 15 Mile Relay, 5k Runs, 5k & 10k Walks

Saturday, September 3, 2011, 7:30 am • Charleston, West Virginia

For race details, go to our website

**Send check or money order to:**  
 Charleston Distance Run Committee  
 PO Box 11595  
 Charleston, WV 25339

**15 Mile Race**  
**\$35 Postmarked by August 1, 2011**  
**\$45 Up to August 24, 2011**  
**\$55 up to September 2, 2011, 9 pm**

**5k Race, 5k and 10k Walks, and  
 3- Person 15 Mile Relay (per person)**  
**\$30 Postmarked by August 24, 2011**  
**\$40 Up to September 2, 2011 9 pm**

Website: www.charlestondistancerun.com

Phone: 304-345-5433 (voice mail)

— NO REFUNDS ON ANY FEES —

Check appropriate race: 15 Mile \_\_\_\_\_ 3-Person 15 Mile Relay \_\_\_\_\_ 5k Run \_\_\_\_\_ 5k Walk \_\_\_\_\_ 10k Walk \_\_\_\_\_

**PLEASE PRINT CLEARLY**

LAST NAME										FIRST NAME										M I				
STREET ADDRESS or PO BOX																								
CITY								STATE								ZIP CODE								
( ) HOME PHONE								( ) WORK PHONE								E-MAIL								

Required Information	
Male	_____
Female	_____
AGE ON 9/03/2011	_____
DATE OF BIRTH	___/___/___

FREE PARTICIPANT'S T-SHIRT SIZE: **(All shirts adult sizes – circle one)** S MED L XL XXL

OPTIONAL Souvenir Shirt: **(Please include payment with entry fee)**

\$10/ea Short Sleeve ( indicate size \_\_\_\_\_ & quantity \_\_\_\_\_ ) \$15/ea Long Sleeve ( indicate size \_\_\_\_\_ & quantity \_\_\_\_\_ )

Circle one : INDIVIDUAL WHEELCHAIR HANDCYCLE 15 MILE TEAM 3-PERSON 15 MILE RELAY

**IF 15 MILE TEAM** (Circle one): FEMALE OPEN MALE OPEN MIXED MALE MASTERS FEMALE MASTERS

**IF 3-PERSON 15 MILE RELAY** (Circle one): FEMALE MALE MIXED MALE MASTERS FEMALE MASTERS

NAME OF TEAM : \_\_\_\_\_

Team and 3-person relay applications must be submitted together, otherwise applicants will be limited to the individual classifications. For team entries a maximum of four (4) team members, with only the three (3) top members to determine the standings. 3-Person relay class limited to 100 teams.

Predicted time this race : \_\_\_\_\_ Last year's time : \_\_\_\_\_

Best Times 2010-2011 : 5K \_\_\_\_\_ 10K \_\_\_\_\_ 20K \_\_\_\_\_ 1/2 Marathon \_\_\_\_\_ Marathon \_\_\_\_\_

**WAIVER** : I, the undersigned, waive and release for myself, my heirs, executors, and administrators, any and all rights and claims for damages, demands, and any other actions whatsoever, which I may have against the Charleston Distance Run Committee, the City of Charleston, all participating sponsors and supporters of those entities, successors, representatives, and assigns, arising out of my participation in this event, including any and all injuries, including death, suffered by me as a result of my participation in this event. I consider myself adequately trained for the completion of this event. Should I suffer an injury or illness, I authorize officials of this race to use their discretion to have me medically treated and transported to a medical facility. I also authorize the Charleston Distance Run Committee to use any photograph or video taken of me during any of the Charleston Distance Run events to be used in any promotional materials.

X

SIGNATURE (Parent or Guardian MUST sign if under 18)

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
DATE

www.charlestondistancerun.com