

Registration Form

Complete this form and mail with check to: Boone Memorial Hospital
701 Madison Avenue
Madison, WV 25130
ATTENTION: KARLIE BELLE PRICE

Note: Registration available on-line via bmh.org or tristateracer.com

AGE CATEGORY (Age on day of race)

- | | |
|--------------------------------|------------------------------------|
| <input type="checkbox"/> 11-14 | <input type="checkbox"/> 46-55 |
| <input type="checkbox"/> 15-17 | <input type="checkbox"/> 56-65 |
| <input type="checkbox"/> 18-25 | <input type="checkbox"/> 66-74 |
| <input type="checkbox"/> 26-35 | <input type="checkbox"/> 75 & Over |
| <input type="checkbox"/> 36-45 | |

Age on day of race: _____

T-Shirt Size: _____ (Shirts are sized unisex)
(EXTRA FEES: Reg fee increases \$1.00 for shirt sizes 2XL & up): 2XL-\$1.00, 3XL-\$2.00, 4XL-\$3.00, 5XL-\$4.00 (limit: 5XL). Youth Sizes: (Y-S, Y-Med, Y-Large)

Name: _____

Gender: Male Female

Address: _____

Phone: _____

Email: _____

Check enclosed for \$ _____
(Payable to Boone Memorial Hospital).
Include extra shirt fees (if 2XL or above)

Waiver/Release: In consideration of the acceptance of my entry, I hereby waive, for myself and my heirs, executors and assigns, all claims of any nature arising from my participation in the BMH 5K Run/Walk against the BMH/Race Committee, BMH Board of Directors/hospital, Cities of Madison and Julian, Boone County Commission, Tri-State Racer and other sponsors and their representatives, volunteers and race officials. I agree to abide by all rules for participation, and acknowledge that the BMH Race Committee may refuse or return my entry at its discretion. I understand the risks involved in such a run/walk. I further certify that I am physically fit and have adequately trained and prepared for this event. The undersigned further grants Boone Memorial Hospital, Tri-State Racer, all sponsors and/or agents rights to use any photographs, video or other recordings of me that are made during the course of this event.

Sign your name below:



Boone Memorial Hospital is a non-profit, 25 bed critical access facility located in Madison, WV.

All proceeds from the 5K will benefit the BMH Healthy Lifestyle Program, which focuses on Diabetic Education, Exercise and Nutrition.



**Have Questions?
Need More Information?**

**Contact:
BMH 5K Race Coordinator:**

Karlie Belle Price
Marketing & Public Relations
Director

304-369-1230 Ext. 5506
304-437-1572
kprice@bmh.org



**Saturday,
August 3, 2019**

Proceeds Benefit:



www.bmh.org

BRINGING MEDICINE HOME



Event Time/Location:

Date: Saturday, August 3, 2019
Time: 7:00am—Sign-in & Registration
 7:45am—KID FUN RUN
 8:00am—Run/Walk Begins

*KID FUN RUN (age 10 & under). Children will not be timed. However, participation ribbons will be awarded.

Location: Water Ways Park—Julian, WV
 (Registration/Race location: Amphitheater)

Course: 5K (3.1 miles) Run/Walk

The course will begin at the Water Ways Amphitheater. Upon park entrance, off the Interstate, BMH 5K race signage will direct you to the Amphitheater. The course consists of both paved and wooded trails with some hills.

A water station will be located 1/2 way through the course.

The KID FUN RUN will take place at the park prior to the main race.



Race Sponsor, Howard Wesley Lafferty, JR. DO running in the 2018 BMH 5K

Entry Fees

- ◆ **Pre-Registration Fee:** \$20 (includes T-shirt, bag & water bottle)
- ◆ Pre-Registration closes at 5am the Friday before the race (August 2nd)

SHIRT DEADLINE: 10am the Tuesday before the race (July 30th) to be **GUARANTEED A SHIRT**
**Extra shirts, bags and water bottles will be available on race day but are limited*
**NOTE: If you register but miss the race we do not mail items after the event. Items must pick up within 2 weeks from BMH.*

EXTRA FEES: Registration fee increases for shirt sizes 2XL & up: 2XL-\$1.00, 3XL-\$2.00, 4XL-\$3.00, 5XL-\$4.00 (limit: 5XL). NEW-Youth Sizes: Y-Small, Y-Medium, Y-Large

- ◆ **On-site registration Fee:** \$25
 Cash only on race day

COMPUTERIZED RACE RESULTS WILL BE PROVIDED ONLINE

Race Awards

Awards will be given for top overall male and female and top male and female in each age category.

Age Categories include:

- ⇒ 11-14
- ⇒ 15-17
- ⇒ 18-25
- ⇒ 26-35
- ⇒ 36-45
- ⇒ 46-55
- ⇒ 56-65
- ⇒ 66-74
- ⇒ 75 & Over



More Information

Register today to become part of a UNIQUE, FUN, MEMORABLE event.

The 4th Annual BMH Wellness Run/Walk is organized by members of the Boone Memorial Hospital Marketing and Public Relations team.

All proceeds benefit the hospital's new Healthy Lifestyle Program (diabetic education, nutrition, exercise and overall healthy living).

Enjoy live music and refreshments.

Join us for the Award's Ceremony, which will be held directly following the race.

Keep in mind, a photographer will be on-site snapping pictures. Therefore, pictures will be provided on-line after the event.

www.tristateracer.com

www.bmh.org

Please join us and support BMH & Community Wellness.