

Stepping Into Spring 5K

Proceeds will be given to Moundsville Parks & Recreation Department

Sunday, March 19, 2023

Please join us at Moundsville Middle School parking lot to begin the race,

We will begin registration at 10:30 am.

Start: Moundsville Middle School at Noon

End: In front of Mounds of Nutrition (305 Jefferson Avenue, Moundsville, WV)

Entry Fee: \$30 pre-register by March 10, 2023 to receive a t-shirt OR \$35 day of the event

To Pre-register, please return completed form and entry fee to:



**Mounds of Nutrition
305 Jefferson Avenue
Moundsville, WV 26041**



****All forms and fees must be in by March 10, 2023 to be guaranteed a t-shirt****

Make Checks Payable to : Mounds of Nutrition

Name: _____

Address: _____

E-mail: _____

Phone: _____

Date of Birth: _____ Age on day of race: _____

Shirt Size:(Circle one) ADULT: S M L XL XXL XXXL YOUTH: YS YM YL YXL

Donation / Shirt Only:

Female or Male
Runner or Walker

Trophies for:

Overall & Runner up in Youth, Male, & Female Walkers

Overall & Runner up in Youth, Male, & Female Runner

Waiver: In consideration of acceptance this entry to Stepping into Spring run/walk 5k, I waive any claims for myself, my heirs and assigns against any business and sponsors and promoters for injury or illness which may result from my participation. I attest and verify that I have full knowledge of the risk involved in these events, that I am physically fit and sufficiently trained to participate. I understand that I may be photographed, and agree to the allowing my photo to be used for legitimate purposes by the aforementioned parties, I have read the above statement. I understand it and my signature confirms its full acceptance.

Signature

Date

Parent/Guardian Signature (if Participant is under 18)

Date