

# 14<sup>th</sup> Annual 5K SRMC Spud Run!



## **COURSE DESCRIPTION:**

Start at the Summersville Baptist Church & through the streets of Summersville. A mostly flat road race.

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Bathroom facilities available.

No bandits please!

Awards for 5K Run individual participants and competitive walk.

Tater Tot Trot – all children receive a participation ribbon. Children up to 12 years old may participate.

## **Please mail entry forms to:**

Summersville Regional Medical Center  
Patricia Perry  
400 Fairview Heights Road  
Summersville, WV 26651

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SUMMERSVILLE, WV 26651

Summersville Regional  
Medical Center

14<sup>h</sup> Annual  
Spud Run

**5K RUN**

**5K WALK**

**TATER TOT TROT**

**S A T U R D A Y**

**S e p t . 7 , 2 0 1 9**

**R E G I S T E R : 8 : 0 0 A M**

**R A C E T I M E : 9 : 0 0 A M**

**Summersville Baptist  
Church Family Life Center**

 **Summersville Regional Medical Center**

# 14th annual SRMC 5K SPUD RUN

## YOU DON'T HAVE TO RUN OR WALK!

You don't have to run or walk to enjoy the fun! Come & cheer on the participants! Volunteer to help! Everyone is welcome!

For more information contact

Patti at [pperry@srcmcwv.org](mailto:pperry@srcmcwv.org) or  
(304) 872-8522

## DIRECTONS

From North – take I-79 south to Rt. 19 south to Summersville turn right at the Dairy Queen; continue down Broad St. left at light, then left and the Baptist Church into the parking lot.

From South on Rt. 19 south to Summersville; Turn left at the Dairy Queen continue down Broad St. left at light, then left at the Baptist Church into the parking lot.



## EVENT SCHEDULE

Location: Summersville Baptist Church – Summersville, WV

Time: Same Day Registration begins 8:00 am

Race Date: Saturday, September 7, 2019

Race Time: 5K Run 9:00 am

5K Walk 9:05 am

Tater Tot Trot 9:10 am

## Registration

\$15.00 Entry Fee Payable to:  
SRMC 5K Run/Walk – **Race Fee is Non-Refundable.**

## **ALL SAME DAY REGISTRATION \$20.00**

All Pre-Registered Paid Participants of the 5K Run and 5K walk will receive a Race T-shirt. **To be guaranteed a T-shirt in your size, your paid entry MUST be received by August 16, 2019.**

Same Day Registrants may receive a T-Shirt while supplies last.

All participants of the Tater Tot Trot will receive a ribbon

## Age Groups

14 and under 15-20 21-25 26-30

31-35 36-40 41-45 46-50 51-55 56-60  
61-65 66&up

## Prizes

Overall Top Finisher Male/Female  
First, Second and Third Place Finishers

Prizes for top two finishers in all age groups

Top 5 male and female walkers will receive an award

No Duplication of Awards

## SIGN-UP FORM

Sign up for:		Price	
<input type="checkbox"/>	5K Run	15.00	
<input type="checkbox"/>	5K Walk	15.00	
<input type="checkbox"/>	Tater Tot Trot	10.00	
<input type="checkbox"/>	ALL Same Day Registration	20.00	
<input type="checkbox"/>	Students	10.00	
<b>TOTAL</b>			
Name		AGE ON RACE DAY	
Address			
Birth date		MALE / FEMALE	
(circle one)			
<b>Method of Payment</b>			
<input type="checkbox"/>	Check	Payable to SRMC 5K Run/Walk	
<input type="checkbox"/>	Cash		
T-shirt size – circle one		Small adult	
		Med. Adult Large Adult XL Adult	
Youth Small		Medium Large	

**WAIVER: I, undersigned, waive and release 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 City of Summersville, Summersville Regional Medical Center and participating sponsors and supporters of those entities, successors, representatives and assigns, arising out of my participation in this event. Should I suffer any injury or illness, I authorize officials of this race to use their discretion to have me medically treated and transported to a medical facility and I take full responsibility for this action.**

Signature \_\_\_\_\_