



Saturday, August 4, 2018
7:00am—Sign-in & registration
8:00am—Run/Walk starts
Madison Park—Madison, WV
*Registration location: (Shelters facing the river)

**Awards for top overall male and female and
top male and female in each category**

Computerized race results & pictures provided online

Pre-registration Fee: \$20 (includes t-shirt, water bottle & bag)

Pre-Registration closes at 5am Friday (Aug. 3rd) - morning prior to race

SHIRT DEADLINE: 1pm the Tuesday before race (July 31st) to be GUARANTEED A SHIRT

*****On-site registration Fee: \$25—Cash only*****

Refreshments and healthy snacks will be provided onsite

KID FUN RUN (age 10 & under)—7:45am

Children will not be timed. However, participation ribbons will be awarded

Note: All minors must be accompanied by an adult during the 5K Run/Walk

For more information and to register on-line visit
www.bmh.org (News & Events) OR www.tristateracer.com

*All proceeds benefit the **NEW** BMH Healthy Lifestyle Program*

Boone Memorial Hospital / 701 Madison Avenue, Madison WV

(304) 369-1230

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