



## 5k Run Registration & CrossFit Work Out

Saturday June 23<sup>rd</sup> at Active Fitness in Oak Hill

Registration starts at 7 a.m. – Race starts at 8 a.m.

**5K Participation Fee: \$25 (Includes Beer & Wine festival entry) \$20 if under 21**

Included with your Fee:

- Metals & Chamber Bucks for 1<sup>st</sup> male and female runners, 2<sup>nd</sup>, 3<sup>rd</sup> overall
- Goodie bags, Commemorative T-Shirt, CrossFit Work Out and membership drawing entry.
- \*Entry and Samples at Craft Beer/Wine Festival on Saturday 4-10PM

*\*Under 21 is not eligible for entry to the Craft Beer/Wine Festival. If under 21, entrant may deduct \$5*

5 K run starts at Active Fitness in Oak Hill and loops through town back to Active Fitness beside Lewis Community Center

### CrossFit work out...share the love!

Try a beginner CrossFit work out. Let our local CrossFit community members share what they LOVE about CrossFit in a short workout after the 5K. **FREE to 5K registrants** or \$10 registration & includes Festival entry.

Please fill out the bottom portion and return to the Chamber of Commerce office with your payment to:

**Fayette County Chamber. 310 W. Oyler Ave, Oak Hill, WV**

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Event participating in: ☐ 5K Run ☐ 5K Run & CrossFit workout ☐ CrossFit Workout

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Sex: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Waiver must be signed by participant (or guardian if under 18) to participate.

I hereby release and waive the right to hold liable the Active Fitness Center, the City of Oak Hill, any and all event sponsors and all other agencies and individuals of this event from any claim for injury, damages and/or death which may occur or be sustained from my participation (or my child's/ward's participation) in this race. I certify to the above named sponsors and individuals that I (or my child or ward) understand that running is a demanding activity with many inherent dangers and that I (or my child or ward) am in proper condition to participate in this run. I further understand that health care coverage for any damages incurred as a result of my participation (or my child or ward's) in this run shall be my own responsibility, and not the responsibility of the above said sponsors, agencies or individuals.

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Name (Parent/guardian if under 18 years of age)

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Signature

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Date

For More Information call **Active Fitness Center** (304) 465-0700