

Lakeview United Methodist Church Sonshine Fun Run/Walk

2.5K (1.5 mi.) Walk/5K (3.1 mi) Run
Saturday, May 6, 2023 9 am
2624 East Parkview Drive, St. Albans, WV

Awards:

T-Shirts for all preregistered participants and same day registrants while supplies last

Top 2 Overall Male and Female 5K participants
Top 2 Male and Female 5K participants in each age group

Age Groups:

13 & under	35 – 39	60 - 64
14 – 19	40 – 44	65 - 69
20 – 24	45 – 49	70 & over
25 – 29	50 - 54	
30 – 34	55 - 59	

Course Information: Mostly flat out and back course in residential area starting and finishing at Lakeview UMC (2624 East Parkview Drive, St. Albans, WV). Course will be well marked and staffed with volunteers.

Facilities: Restrooms available at start/finish area. Aid stations on course. Post race refreshments.

Registration:
Pre-Registration **\$15**
Race Day Registration **\$20**
No refunds

Register Online at: runsignup.com
or

All proceeds will go to St. Albans area Food Pantries

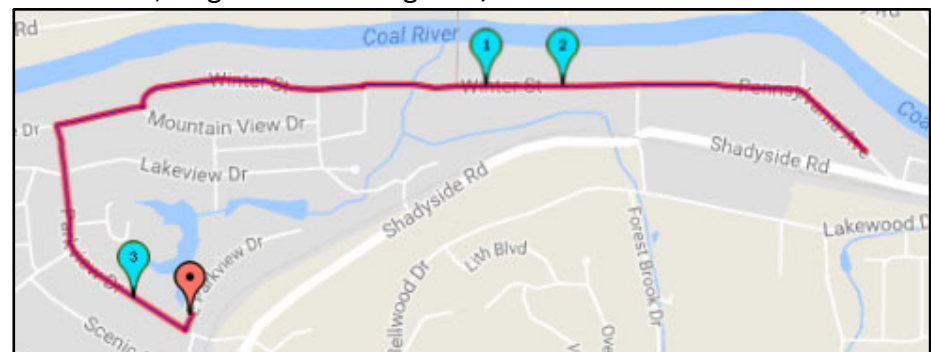
Complete the form to the right and mail with remittance to:

Lakeview United Methodist Church
2624 East Parkview Drive
St. Albans, WV 25177

Make Checks Payable to:
Lakeview United Methodist Church

Online and Pre-Registration ends on May 3rd, 2023

For questions or more information contact wkersey@aol.com, 304 444-4374, or go to APTIming.com/Lakeviewsonshine5k



Lakeview UMC Sonshine Fun Run/Walk
Entry Form, May 6, 2023 9 am

Which event are you signing up for?
Circle One: 2K Walk 5K Run

First Name: _____

Last Name: _____

_____	M / F	S M L XL XXL
Date of Birth	Gender	Adult Shirt Size

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Emergency Contact Name _____ Phone _____

Waiver: I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event, including, but not limited to falls, contact with other participants, animals, the effects of weather, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, the undersigned, for myself, and anyone entitled to act on my behalf, waive and release Lakeview United Methodist Church, APTiming, event officials, volunteers, and all sponsors, their representatives and all successors from all claims or liabilities of any kind arising out of my participation in this event. I also authorize Lakeview United Methodist Church and APTiming to use my name and/or any photograph, image, or digital media to be used in forms of social media and promotional materials.

Signature (Parent if under 18) _____ Date _____