

2025 SWVRRRC Four Seasons Series – November 1, 2024 – October 31, 2025

Name_____Email_____Shirt Size_____

Address_____Phone_____

Using the point total system provided below, keep track of each race you participate in during the season, and points you earn. At the end of the season, select your 10 best races, record, and total them. Mail in the form or email to Erica Morgan [LINK](#) by **Friday, December 5th**, so that winners can be calculated, and t-shirts ordered. The top ten runners will receive a long-sleeve tee, specially designed, and the top male and female each receive an additional award.

Pick 10 races using the points below. You CANNOT double up on points; select only one option for each race.

Options	Points		Options	Points
1 st Overall Female/Male Winner	11		1 st in Female/Male Age Group	8
2 nd Overall Female/Male Winner	10		2 nd in Female/Male Age Group	7
3 rd Overall Female/Male Winner	9		3 rd in Female/Male Age Group	6
Being a Race Director	8		Enter & Finish the Race	5

November 2024	Marshall University 5k, Half Marathon, or Marathon (Huntington, WV)	Points Earned
November 2024	Mayberry 5k, 10k, or Half Marathon (Mayberry, NC)	Points Earned
November 2024	Holiday of Lights 5k Challenge (Bluefield, WV)	Points Earned
November 2024	YMCA Thanksgiving Day Run (Beckley, WV)	Points Earned
December 2024	Frosty 5k (Blacksburg, VA)	Points Earned
February 2025	Blacksburg Classic 5k or 10 Miler (Blacksburg, VA)	Points Earned
February 2025	Explore Your Limits 5K or 10K (Roanoke, VA)	Points Earned
March 2025	Kevin O’Sullivan Classic 5k (Athens, WV)	Points Earned
April 2025	Foot Levelers Blue Ridge Marathon, Half or 10k	Points Earned
April 2025	Canaan Valley 5K, 10K or Half Marathon	Points Earned
April 2025	Macey Whittaker SIDS Awareness 5k (Princeton, WV)	Points Earned
May 2025	Greenbrier Resort 5k, 10k, or Half Marathon (White Sulphur Springs, WV)	Points Earned
June 2025	The Big Run (Roanoke, VA)	Points Earned
June 2025	Hatfield McCoy 5K, Half Marathon or Marathon (Williamson, KY)	Points Earned
June 2025	Jackson River 5k, 10k, Half Marathon, or Marathon (Covington, VA)	Points Earned
June 2025	Chautauqua 5k (Wytheville, VA)	Points Earned
June 2025	The Varmint 5k or Half Marathon (Burkes Garden, VA)	Points Earned
June 2025	Blacksburg Downtown Sundown 5K (Blacksburg, VA)	Points Earned
July 4, 2025	Four on the Fourth (Roanoke, VA)	Points Earned
July 2025	Crazy 8s 8k and/or 3k (Kingsport, TN)	Points Earned
August 2025	Draper Mile (Blacksburg, VA)	Points Earned
July 2025**	**John Cox Memorial 5k (Princeton, WV)	Points Earned
August 2025	Two Virginia’s 5k Challenge (Bluefield, WV)	Points Earned
September 2025	Jason Elswick Scholarship 5k (Bluefield, WV)	Points Earned
September 2025	Possum Trot 5k (Marlinton, WV)	Points Earned
October 2025	LewisGale Salem 8k or Half Marathon (Salem, VA)	Points Earned
October 2025	Pocahontas Indian Run (Pocahontas, VA)	Points Earned
October 2025	Into the Darkness (Roanoke, VA)	Points Earned
October 2025**	**SWVRRRC Pipestem Pumpkin Run 5k or 10k (Pipestem, WV)**	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Wild Card -	Points Earned
	Total	

Note: If races are cancelled, they will be converted to a Wild Card.

*A discount is available to SWVRRRC members.

Races sponsored by SWVRRC

Email forms to Erica Morgan cfcrunforgod@gmail.com, or mail to Erica @ 371 Hillcrest Drive, Princeton, WV, 24740 Friday, December 5.

SWVRRC 2025 Participation Form

Name _____

Please mark any that apply to you. Running a race, volunteering at a race, attending a meeting, club picnic, and even bringing goodies to the Pumpkin Run counts. So, if you participated in any way, let us know. Without our volunteers some of these events would never happen! YOU do make a difference!! **Mail forms to Erica Morgan, 371 Hillcrest Drive, Princeton, WV, 24740 or email to cfcrunforgod@gmail.com by Friday, December 5.**

	Officer or Board Member
	Race Director If you are a race director, how many do you direct? _____
	Attended Club Meeting - January 2025
	John Cox Memorial 5K (ran or volunteered)
	Kevin O'Sullivan 5K – March 2025 (ran or volunteered)
	National Running Day – June 6
	Pumpkin Run – October 2025 (ran or volunteered)
	Submit Four Seasons Form by December 5

If you have done other volunteer work that promotes the SWVRRC and it is not one of the items above, please add the event.

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