

Watoga State Park

Mountain Trail Challenge – August 14, 2021

All proceeds benefit the Watoga State Park Foundation.

Register by mail or online at RunSignup.com

Course Information: Half Marathon and 5K Races on forest roads and trails in Watoga State Park and Calvin Price State Forest. The 2021 race routes are expected to be the same as those for the 2019 races.

Detailed course maps and information at watogafoundation.org/race

Email: watogafoundation1@gmail.com

Awards: T-shirts guaranteed for all entrants registered by July 15, 2021; Awards for 1st, 2nd, and 3rd overall male and female runners in each race, and also 1st and 2nd in each age group, male and female. Finishers' medals for the half marathon.

Registration: 5K Race: \$30 before July 1st, \$35 from July 2nd to August 7th, and \$40 on race day

Half Marathon: \$50 before July 1st, \$55 from July 2nd to August 7th, and \$60 on race day

Age Groups: 14 and under, 15 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70+

Please fill out the form below and mail with remittance (check payable to Watoga State Park Foundation) to:

**Watoga State Park Foundation
4800 Watoga Park Road
Marlinton, WV 24954**

Watoga State Park Mountain Trail Challenge - Registration Form

Race: 5K _____ Half Marathon _____ First name: _____ Last name: _____

Age: _____ Gender: M / F Shirt Size: S / M / L / XL / XXL

Address: _____ City: _____

State: _____ Zip: _____ E-Mail: _____

Phone: _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run 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 compete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather (including cold weather and ice), traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of the acceptance of my entry, I for myself, and anyone entitled to act on my behalf, waive and release Watoga State Park Foundation, race officials, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

Signature (Parent if under 18) ALL PARTICIPANTS MUST SIGN ENTRY FORM

DATE