

RIDGE TO RIVER

4 & 10 MILE TRAIL RUN

JUNE 11, 2022 8:00 AM — BARBOURSVILLE PARK

First Name: _____ Last name: _____ Gender: _____

Address: _____ City: _____ State: _____

Email: _____ Telephone: _____ Age on Race Day: _____

Event: 4 Mile Run \$20 _____ Race Day Registration \$25

Event: 10 Mile Run \$30 _____ Race Day Registration \$35

Awards will be given to the Top 3 Male and Female finishers of both races.

Don't forget to circle shirt size below!

Shirt Size (Unisex) X-SMALL SMALL MEDIUM LARGE X-LARGE XX-LARGE XXX-LARGE

****Entries must be postmarked by May 16th to guarantee a shirt****

WAIVER STATEMENT (MUST BE SIGNED AND SUBMITTED WITH REGISTRATION- NO EXCEPTIONS) As a participant in the Ridge to River 10 Mile Trail Run / 4 Mile Trail Run, I assume complete responsibility for injury to me or damage to property which may occur during the event or while I am on the premises of the event. I hereby release and hold harmless Healthy Tri-State, sponsors, promoters, venue, and all other persons associated with this event otherwise. I also understand and acknowledge that the event will be conducted on trails and the sponsor, promoters, and all other persons associated with this event will not be held responsible for the conditions of the trails.

Signature required for ALL participants: (If under 18 must be signed by parent or legal guardian)

X _____ Date: _____

Make checks payable to Healthy Tri-State

Send payment and registration to:

Ridge to River Trail Run

c/o Robert's Running and Walking Shop

5252 US Route 60, Huntington, WV
25705

- Great t-shirts for every runner registered by May 16
- Post-run pancake breakfast!
- Earn a unique finisher's award
- No price increase for 2022!

Race Directors: Alex Minor & Dan Green

Questions? Contact: alminor3@gmail.com & greendan852@gmail.com

**Find more info on Facebook at [facebook.com/RidgetoRiver](https://www.facebook.com/RidgetoRiver) or
<http://healthytristate.org/river-ridge-10/>**