



## 3rd Annual 5K Glow, Run or Walk/Run

Saturday, August 2, 2025

**Race Registration 4:30 - 5:15 PM    Race Starts at 6:00 PM**

**Race Location:** *Riverbend and Glendale Parks in Elkins West Virginia*

**Directions:** This 5K Walk/Run will start at Riverbend Park in Elkins and end at the same address. **Registration** is in the small pavilion at Riverbend Park, visible after crossing the bridge from Glendale Park **Course Description:** Flat terrain, mostly asphalt, some gravel, with scenic views through city parks.

**Registration:** Forms may be obtained and returned in the lobby of the **Lighthouse Community Recovery Home office, located at 301 Central Street**, through the front porch door. Please submit \$25 for adults and \$15 for teenagers & children when you leave the form in the designated area in the lobby. The price includes a high-quality T-shirt and bottled water and snacks will be provided on race day. There are awards for first & second place for many different age brackets. Payments may be made by cash, money order (available at the post office) or check payable to: **Lighthouse Community Recovery Home Inc.** Please designate "5K race" on the check. Register before July 14, 2025, to guarantee a T-shirt. The last chance to register will be at the race on August 2, 2025. If you register after July 14, 2025, you will not receive a T-shirt unless there are extras. Registration forms will be accepted from **April 9, 2025, until August 2, 2025**

**Post-Race:** Light refreshments will be provided. **Proceeds:** **Lighthouse Community Recovery Home Inc., 501(c)(3)**  
For questions, contact (304) 642-6212

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**5K Glow Run or Walk/Run Entry Form** (please print legibly):    Check One: *Runner* \_\_\_\_\_ *Walker* \_\_\_\_\_

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

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City State Zip: \_\_\_\_\_ Check One: *Runner* [ ] *Walker* [ ]

T-shirt size (circle one) Unisex: S   M   L   XL   XXL   Youth S   Youth M   Youth L

**EVENT DISCLAIMER:** Please review the following waiver and disclaimer. **BY ADDING YOUR SIGNATURE, YOU ACCEPT THIS WAIVER AND DISCLAIMER.**

**Waiver and Release:** By participating in this Event, I do so at my own risk of injury, illness, damage, or loss to me or my property that might result, including, without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident, and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heirs, executors, administrators, agents, and assigns) to release the race coordinators, sponsors, and volunteers and discharge the organizers of this event from any claims or causes of action (known or unknown) arising out of their negligence. I acknowledge that I have carefully read this "Waiver and Release" and fully understand that it is a release of liability. By my signature below, I am waiving any right that I may have to bring legal action to assert a claim against any and all Event sponsors, race coordinators, volunteers, and organizers for their negligence. I hereby grant full permission to any and all of the foregoing to use my name and likeness in any broadcast, telecast, video, or print media reporting or advertising of the Event without compensation.

Sign Here: \_\_\_\_\_ Date: \_\_\_\_\_