

Southern West Virginia Road Runners Club & Pipestem Resort State Park

Come celebrate the
45th Annual
Pipestem Pumpkin Run
Saturday, October 30th, 2021



***10,000-meter run * 5,000-meter run * 5,000-meter walk**

Time: 9:00 am 5K run & walk – 10:30 am 10K run

Registration: Park Headquarters – 5K beginning at 8:00 am and 10K beginning at 9:30 am

Place: Pipestem Resort State Park, Rte. 20, 25 minutes North of Princeton

Entry Fees: SWVRRRC members - \$15 early, \$20 race day /Non-members - \$20 early, \$30 race day.

Divisions: **5K & 10K run** -14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,45-49, 50-54, 55-59, 60-64, 65-69, 70+.

*** Awards to top three overall male and female & top three in each division ***

5K walk - Awards to top 5 males and top 5 females.

Courses: **5K** Starts at Amphitheater parking lot, turns right on the main drive, turns around at cone just past Superintendent's residence, turns left at Park Headquarters and finishes at starting point.

10K Starts at Amphitheater parking lot, turns left on the main drive, passes the Splash Park, turns right through the Cottage Area C, circles back, turns left on main drive, turns around at cone just past Bolar Observation Tower, turns left at Park Headquarters to finish at starting point.

Misc.: T-shirts guaranteed to first 80 registered. (Priority to Pre-registered)

~ Results will be posted at swvrrc.org within 5 days after the race ~

~ Restrooms are Available at Park Headquarters and Canyon Rim Center ~

Halloween Costume Contest: Judging will be at the finish line, so wear your best costume. Winner will receive complimentary stay as available, at Pipestem's McKeever Lodge. Prizes will also be awarded for second and third place. Winners will be announced on the SWVRRRC's website and prizes will be mailed.

Lodging: Call Pipestem Resort State Park (304) 466-1800; for online reservations www.wvstateparks.com

Pipestem Pumpkin Run - Registration Form (one form per runner or walker)

Please circle: 5K run 10K run 5K walk

Name: _____ Race day age _____ Gender _____ M _____ F

Address: _____

City: _____ State: _____ Zip code: _____

Your e-mail address: _____

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

Athlete's Release: I waive any and all claims for myself, my heirs, and executors against the Southern West Virginia Road Runners Club and Pipestem Resort State Park, any sponsors and their employees, representatives, or agents for any illness or injury which may directly result from my participation in this event.

Signature: _____ Date: _____

Signature of parent or guardian, if under 18 years of age: _____

Detach and mail the entry form along with payments (**MAKE CHECKS PAYABLE TO SWVRRC**) to: **Paul Hodges, Box 298, Athens, WV 24712**

For additional information contact Paul Hodges at 304-384-7879, 304-888-0939 or elijahp@suddenlink.net

Plan to hold the Pipestem Pumpkin Run safely

Runners, When we devised this safety plan for the 2020 Pumpkin Run, we believed it was a onetime thing. However, with the Delta Variant Covid numbers are once again as high as ever and even more contagious. Therefore, to protect all our fellow runners, please follow the safety procedures below.

Thanks, Paul & Tom

* In order to reduce the number of runners at any one time, there will be different starting times for the 10k and 5k. 5k will go first at 9:00 so they can run and leave before the 10k starts at 10:30.

* Six foot spacing will be marked and runners required to maintain that spacing at the starting line. Runners will be asked to maintain social distancing during the race, unless they are running with a member of the same household.

***Runners are required to wear masks and maintain social distancing during registration and at all times except when running to warm up or race.** (Disposable masks will be available if needed). Race volunteers will wear masks at all times and gloves where needed. (Gloves provided)

*Water on the course will be placed on table for runners to pick up themselves.

*Finishing/scoring: Runners will wear numbers which will be recorded as they finish. Times will be matched with numbers and a final finish order will be determined. **It is essential that runners do not leave the chute until your number has been recorded.**

*There will be no awards ceremony. Awards will be medals that will be available to runners as they finish. **Runners will be asked to pick up their medal and leave, thus avoiding the usual socializing while waiting for awards.**

*Times, overall places, and division places will be posted as soon as possible and/or emailed to each entry. We will endeavor to get the results in the next day's paper.

*We know it will be a bummer to miss the socializing that is a big part of our sport, as well as walking up to get your award, however we know all will agree that the safety of our fellow runners and the broader community is of paramount importance. We trust that you will enjoy your run and be safe.

Agreeing to, and signing, the "Athlete's Pledge" below is required for participation.

Athlete's pledge: My signature below indicates that I have read the conditions for participation in the 2021 Pipestem Pumpkin Run as stated above and hereby pledge to adhere to the same.

Signature: _____ Date: _____

Signature of parent or guardian, if under 18 years of age. Participant _____

Parent or guardian _____ Date _____