

Plan to hold the Pipestem Pumpkin Run safely

*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.

*Maximum of 20 runners starting at any one time. The 10k is generally small enough that all runners could start at the same time. If more than 20 runners in either race, the start times will be staggered five minutes apart for each group of 20 or less. Self-identified faster runners first. **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)

*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 2020 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 _____

Pipestem Pumpkin Run Entry Form
"Leaving Covid in our dust, running 2020"

Date & Time: Saturday October 31, 2020 / 9:00 5K run & walk / 10:30 10K run

Registration: At Park Headquarters-- 5K Starting at 8:00 am / 10K starting at 9:30

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

Entry Fees: SWVRRRC members - \$15 early, \$25 race day / Non-members - \$20 early, \$30 race day

Divisions & Recognition: 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+ / 5K walk - Top 5 males & top 5 females

***Trophies to the top three males and top 3 females in each race**

T-Shirts: guaranteed to the first 80 registered. (Priority to Pre-registered)

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 McKeaver Lodge. Prizes will 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

Courses: **5K** Starts at Amphitheater parking lot, turn right on the main drive, turns around at the cone just past the 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 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.: Results will be posted on swvrrc.org ASAP/ Restrooms available at Park Headquarters & Canyon Rim Center.

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

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

Name: _____ Race day age _____ Gender _____

Address: _____ City _____ State _____ Zip _____

email address: _____ T-Shirt size (Circle) 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 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:

Parent/guardian _____ Date: _____

**Detach and mail entry form along with payment to
Paul Hodges, Box 298, Athens, WV 24712 (Make checks payable to SWVRRRC)**

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

Note: 2020 safety plan must also be read, signed, and submitted along with entry form!