

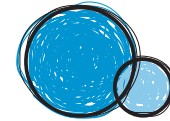
Free Wheelchair Mission®
TRANSFORMING LIVES THROUGH THE GIFT OF MOBILITY

Thank You For Your Support
...as well as the many sponsors who made this event a success!



Free Wheelchair Mission®
TRANSFORMING LIVES THROUGH THE GIFT OF MOBILITY
www.fwmobiovalley.org

3rd Annual
RunWalkRoll
10 Year Marathon
RaceForMobility



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*This event is being held by the
Free Wheelchair Mission to raise awareness
and support for the 100 million people
across the world looking for hope, dignity,
and an enhanced life. Join us in providing
the transforming gift of mobility.*

RunWalkRoll...for those who can't!

Saturday, September 11, 2010

Fun Run 9:30 am

RunWalkRoll 10:00 am

Be the Blessing Music Festival to Follow

World's Largest Poluck 12:00 pm

*WesBanco Arena • 14th Street
Wheeling, WV*

*Proceeds benefit the Free Wheelchair Mission
Visit www.freewheelchairmission.org*

RunWalkRoll

Race Events

- 2.62 RunWalkRoll at 10:00 am
- Kids' Fun Run at 9:30 am

Registration

- Pre-registration for the RunWalkRoll is \$15 and \$10 for children 12 and under through September 10th.
- Entry fee increases to \$20 for all ages on race day. A quality short sleeved shirt is guaranteed to the first 200 entrants. Additional shirts may be purchased.
- There is no entry fee for the Kids' Fun Run. However, anyone wishing to purchase t-shirts may do so for \$10 per shirt. Indicate sizes for each shirt ordered and the total amount enclosed.
- Registration will be available for all events on September 11th at WesBanco Arena from 8:00 - 9:30 am.
- The entry fee is non-refundable.
- *Additional donations can be included with entry fee. \$59.20 = 1 wheelchair*

You may also register online at www.runwalkandroll.com

Make Your Miles Count

- Sign up to be a personal fundraiser via email at runwalkroll09@comcast.net.
- Each wheelchair raised will equal 1 ticket to the Potluck.

Awards

- Race medals presented to top 3 overall male and female runners and walkers.
- Race medals presented to top 3 finishers in each age group.
- Race medals presented to top 3 overall wheelchair participants.

Divisions

Run	Walk
15 and under	29 and under
16-19	30-39
20-29	40-49
30-39	50-59
40-49	60 and over
50-59	
60 and over	

Official race results posted on www.runwalkandroll.com

Hospitality

- Live entertainment.
- Timing by George Frazier.
- Complimentary food and beverages available.
- Water stations are at 1 and 2 mile marks.
- Post-race showers will be available courtesy CentreTown Fitness.
- World's Largest Potluck at 12:00 pm in WesBanco Arena. (1 wheelchair = 1 ticket)
- Be the Blessing Music Festival following race activities at Heritage Port.

Children (9 and under)

- Kids' Fun Run at 9:30 am
- Registration begins at 8:00 am on Sept. 11 ONLY.
- No entry fee.
- Entrants will receive a finish award ribbon.

Children are also encouraged to participate in the RunWalkRoll for the regular race fee, if they are fit and sufficiently trained.

Check-In

- Packet pick up will be from 8:00 - 9:30 am on Saturday, September 11.
- For more race information, contact Chuck and Suzy at 304-233-9058.

Course

- The 2.62 mile course—a 10 year marathon—begins and ends at WesBanco Arena. It follows Main Street into South Wheeling and returns on the scenic running and walking trail.

RunWalkRoll Race Application

Please use a separate application for each runner.

Name: _____

Male Female Age on 9/11/10: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____

Email: _____

Shirt Size: YS YM YL
 S M L XL XXL (add \$2)

Shirt sizes not guaranteed after September 1st.

Run Walk Roll

Registration Fee \$ _____

Additional Shirt(s) \$ _____

Please include \$10 and sizes for each (\$12 for XXL and XXXL).

Additional Donation \$ _____

For any donation equal to or greater than \$59.20, a potluck ticket(s) will be included in your race packet. The potluck will be held in the WesBanco Arena at noon. RunWalkRoll participants do not need to bring a potluck dish.

Total included \$ _____

Make checks payable to:
Free Wheelchair Mission
clo Chuck Miller
269 West Cardinal Street
Wheeling, WV 26003

Waiver: For and in consideration of permission to participate in this race, I, for myself, my heirs, executors and administrators, do hereby release and discharge the Free Wheelchair Mission, sponsors, the contributors, officials, employees, WesBanco Arena and all of the City of Wheeling from all claims and damages arising from my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signature: _____

(Parent's Signature if under 18)

Date: _____