

RUN and WALK AWARDS

First three overall male/female.

First masters male/female.

Top three of the following age groups:

14 & under	30-34	50-54
15-19	35-39	55-59
20- 24	40-44	60-64
25-29	45-49	65-69
	70+	

TEAM COMPETITION

Awards for the top 3 overall teams based on the following guidelines-

- 1) Teams should consist of a minimum of 3 members, with no maximum limit.
- 2) Teams can be a combination of runners, walkers, men and women.
- 3) Team members will be awarded points based on placement in age groups. Winning teams will be based on the best overall score. Ties will be broken by draw

RIVER CITY KID'S RACES

AGE	DISTANCE
3 and Under	50 Meters
4 and 5	100 Meters
6, 7	200 Meters
8, 9	400 Meters
10,11	400 Meters*



All participants receive a ribbon and patch for Kid's Series shirt.

NO FEE FOR KID'S RACES!

Isaiah 40:31

But those who wait for the Lord (who expect, look for, and hope in Him) shall change and renew their strength and power; they shall lift their wings and mount up (close to God) as eagles (mount up to the sun); they shall run and not be weary, they shall walk and not faint or become tired. (Amplified Bible)

~~~One of Chuck's favorite scriptures~~~

### Caretakers All

We are here but little time

Poets like me will make their rhyme  
The world's a spinning, devious orb  
And this the message to absorb.

That we are part of the glorious plan  
To recognize the good in man  
To love our neighbors as ourselves  
And dust the trophies on our shelves.

Because we're here to get along  
To run, to dance, to sing our song  
Helping defuse hot conflicts raging  
And running, gosh, combats our aging.

We take each day and with it run  
And radiate love, toil, and fun  
Whate'er we do we do it well  
Our time in now to catch the spell!

Poem from Chuck's book  
**A Runner's Heart**  
(Used by permission)



# CHUCK CORNELIUS MEMORIAL CROSS COUNTRY SCHOLARHIP RACE

5K RUN & WALK—8:00 AM  
SATURDAY JUNE 11, 2011 Vincent, OH

**SPONSORED BY**



**FREE KIDS RACES**  
**RIVER CITY KID'S RACES**  
To Follow 5K

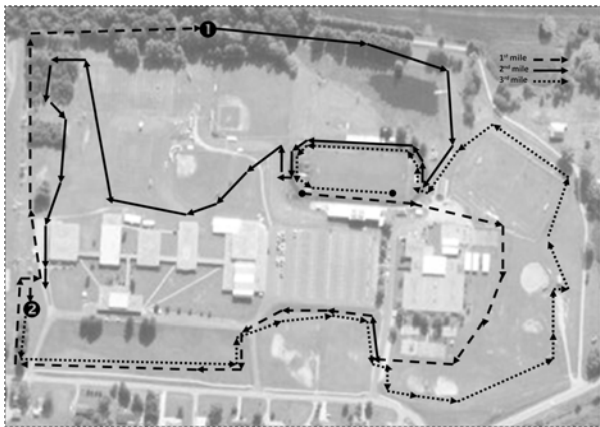
*PART OF THE RUNNING AND WALKING SERIES  
and THE RIVER CITY RUNNERS KID'S SERIES  
Sponsored by RIVER CITY RUNNERS & WALKERS CLUB*

Proceeds go to Warren High School Cross  
Country Scholarship Fund

# DRIVING DIRECTIONS TO WARREN HIGH SCHOOL

130 Warrior Dr, Vincent, OH

**From Parkersburg, WV:** take Memorial Bridge to Belpre, then US-50 W (4.6 miles) to OH-339 ramp toward Beverly. Turn right onto OH-339 North and continue 7.3 miles. Warren High School is on the right.



The race uses the Cross Country trail at Warren High School



## *CHUCK CORNELIUS MEMORIAL CROSS COUNTRY SCHOLARSHIP RACE*

**DATE & TIME:** June 11, 2011 8:00 A.M.

**\$12.00 pre-registrants** (postmarked by June 3

**\$15.00** after June 3 and race day

**REGISTRATION:** 7:00-7:45 AM Warren High

**INFORMATION:** contact Tom Kramer at kram37@suddenlink.net or (304) 482-1737

**Make check payable to:**

**River City Runners & Walkers Club**

**P.O. Box 4496, Parkersburg, WV 26104**

There will be a \$20 Service Charge on all returned checks.

Name \_\_\_\_\_ **MALE FEMALE**  
(circle one)

Address \_\_\_\_\_ **RUN WALK**  
(circle one)

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Day Date of Birth Age on Race

Team Name (If in team competition) \_\_\_\_\_

**SHIRT SIZE:**   S  M  L  XL

Shirts guaranteed to pre-registrants only

**WAIVER:** In consideration of acceptance, this entry to the Chuck Cornelius Memorial CC Scholarship Race and the River City Kids races, I waive all claims for myself, my heirs and assigns against *the River City Runners & Walkers Club, Warren Local School District, Highmark Blue Cross and Blue Shield WV, Gilmorthodontics, and race sponsors and promoters* for injury or illness which may result from my participation. I attest and verify that I have full knowledge of the risk involved in these events, that I am physically fit and sufficiently trained to participate. I have read the above statement, I understand it and my signature confirms its full acceptance.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## *River City Kid's Races*



**Free Entry!**

**DATE & TIME:** JUNE 11, 2011 After 5K run/walk at approximately 9:00 A.M.

**REGISTRATION:** 7:00-8:45 AM Warren High

**ALL KIDS RACES ARE FREE!**

**INFORMATION:** contact Tom Kramer at kram37@suddenlink.net or (304) 482-1737

**Mail entry to:**

**River City Runners & Walkers Club**

**P.O. Box 4496, Parkersburg, WV 26104**

Name \_\_\_\_\_ **GIRL BOY**  
(circle one)

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Date of Birth Age on Race Day

E-mail \_\_\_\_\_

**SHIRT SIZE YOUTH**  XS  S  M  L  XL

**WAIVER:** In consideration of acceptance this entry to the Chuck Cornelius Memorial CC Scholarship Race and the River City Kids races, I waive all claims for myself, my heirs and assigns against *the River City Runners & Walkers Club, Warren Local School District, Highmark Blue Cross and Blue Shield WV, Gilmorthodontics, and race sponsors and promoters* for injury or illness which may result from my participation. I attest and verify that I have full knowledge of the risk involved in these events, that I am physically fit and sufficiently trained to participate. I have read the above statement, I understand it and my signature confirms its full acceptance.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ / \_\_\_\_\_  
Signature Of Parent or Guardian Date