

5 K / R U N / W A L K



Rain or Shine!
SATURDAY, JUNE 13
Riverfront Park, Ravenswood, WV
REGISTRATION: 7:00 AM | RACE TIME: 8:30 AM

Online registration now available at:
COPLINHEALTH.COM/5K

REGISTRATION FEES:

Pre-Registration Fee - (deadline May 22) Ages 18+ \$25 | 17 & Under \$15

Regular Registration Fee - (deadline June 13 at 8:00 am) Ages 18+ \$30 | 17 & Under \$20



Pre-Registration due by May 18 to guarantee shirt

TO REGISTER: Visit CoplinHealth.com/5k



All proceeds will go to Coplin Health Systems Diabetes Education Program and the Ravenswood Recreation Youth Program.

RULES: This is a Thunderbolt Race Series race. All rules must be followed regarding walking. If you register to walk, you must walk—no running.

If you want to run and walk, register to run.

Walkers who run will be disqualified.

AWARDS: Overall & Age Group Awards will be given to runners & walkers.



COPLIN
HEALTH SYSTEMS

CoplinHealth.com