



the "BUCKWHEAT MILE"

Sponsored by Preston County Parks and Recreation Commission (PCPaRC)

INFO: The 3rd Annual "Buckwheat Mile" will be held prior to the Saturday parade of the 73rd Annual Preston County Buckwheat Festival in Kingwood, WV. Athletes will run a distance of 1 mile (1609 meters) along the festival parade route. Thousands of people will be gathered along the streets of Kingwood to watch the parade so it will be a unique environment for runners.

DATE: Saturday, September 27th, 2014

TIME: The race will commence when the fire whistle blows at approximately high noon (12:00 p.m.).

COURSE: The "Buckwheat Mile" will be a fast course with a net elevation change of less than 50 feet. The race will start in front of Kingwood Elementary and follow the parade route along Price Street, High Street, Morgantown Street, Tunnelton Street, and back to Brown Avenue. The course will then enter the football field and finish in front of the bleachers.

ATHLETE REQUIREMENTS: The "Buckwheat Mile" is open to all ages. We ask that you be able to run a mile in 12 minutes or less in order to not interfere with the parade. We don't want anyone to be passed by a float or marching band.

REGISTRATION: Race day registration will take place from 10:30 a.m. to 11:30 a.m. at the bleachers of the old Central Preston Middle School football field. The football field is right beside the fairgrounds on Price Street. Athletes will not be able to register after 11:30 a.m. Entries received by Monday, September 22nd will be assured of a t-shirt. Below are the fees associated with the race.

• Preston County Students registered by deadline without a t-shirt	-	FREE
• Preston County Students registered by deadline with a t-shirt	-	\$8
• Out-of-county students registered by deadline without a t-shirt	-	\$6
• Out-of-county students registered by deadline with a t-shirt	-	\$11
• All students not pre-registered (t-shirt not guaranteed)	-	\$13
• Adults registered by deadline without a t-shirt	-	\$6
• Adults registered by deadline with a t-shirt	-	\$13
• Adults not pre-registered (t-shirt not guaranteed)	-	\$15

AWARDS: Custom clay medals by local artist, Gail Anderson, will be given out to the top two in each age division: 10-under, 11-14, 15-18, 19-29, 30-39, 40-49, 50-59, 60 & up. The top three overall male and female runners will receive custom awards and buckwheat dinners at the Community Building.

QUESTIONS / CONTACT INFORMATION: PCPaRC Vice President, Paul Martin - (304) 290-3772 or prestonrun@gmail.com or PCPaRC President, Tim Argabrite - (304) 549-9764 or argabritetim@gmail.com

PAYMENT: Make checks payable to PCPaRC and mail or deliver to Paul Martin, 200 Mile View Lane, Kingwood, WV 26537

-----Detach Here-----

the "BUCKWHEAT MILE"

First Name _____ Last Name _____
Address _____
City / State / Zip _____
Email _____ Phone # _____
Gender _____ Age (as of Sept. 27th) _____ T-Shirt Size Y-M Y-L A-S A-M A-L A-XL A-XXL

DISCLAIMER: I, the undersigned accept full responsibility for myself and for any injuries I may incur during the "Buckwheat Mile." I have read this application and I fully understand that participating in this event may be dangerous to my health. Broken bones, cuts, bruises, heat exhaustion, collision with vehicles, other runners or pedestrians are all possibilities. I fully understand that emergency medical personnel may not be on the course. I have trained sufficiently for this event. I will not hold any of the organizers, the Preston County Parks and Recreation Commission (PCPaRC), the Kingwood Volunteer Fire Departments (KVFD), the City of Kingwood, or any volunteers of this event responsible. My actions and mishaps are accountable to no one but myself. I agree to withdraw from the race if so instructed by a race official. I grant the race organizers the free use of my name, and any photos or videos of me for any use related to the race they see fit. I acknowledge that my entry fee is non-refundable, even if the race is canceled because of an act of nature or mankind, and may be rejected for any reason that the race directors deem necessary.

SIGNATURE: _____ (Guardian if under 18) **DATE:** _____