

Ed Williams Memorial 5K Walk/Run & 10K Run Richwood Heart & Heritage

All proceeds will support a scholarship & Mill Whistle Arts & Heritage Center

The annual Ed Williams Memorial 5K Walk, 5K Run & 10K Run will be held Saturday, Aug. 1, 2026. Registration will take place at the Sterling Spencer Memorial Sculpture Garden on E. Main St. at 7:30 a.m. The race will start at 8:30 am. **Register early and save. Adult entries received by Saturday, July 25, \$20; entry fee day of race, \$25. Student fee, \$15 (must be 18 or younger); student entry fee day of race, \$20. Please register early. *Awards given in all classes and the first 70 who pre-register by July 29 are guaranteed a T-shirt. Everyone is invited to walk or run! The race this year will provide a Scholarship for an RHS senior!***

Registration form:

Name: _____ Age: _____ Gender: M F (Circle one)

Address: _____ City: _____ State: _____ Zip: _____

e-mail address: _____

Circle one: 5K Walk 5K Run 10K Run

Pre-register by July 30: ADULT \$20 _____ Race-day: \$25 _____ (Cash or Check only)

STUDENT (18 yrs. & under) Pre-registration: \$15 _____ (Cash or Check only)
Race day: \$20 _____ (Cash or Check only)

Additional Donation: \$ _____ Total Payment: \$ _____ Shirt size: S M L XL XXL

Make checks payable to: **The Richwood Area Chamber of Commerce**

Mail form and payment to: Mary Jane Williams
38 Edgewood Ave.
Richwood, WV 26261

Waiver (must be signed to participate): I, the undersigned, hereby attest that I am in adequate physical condition to participate in this event. I will take full responsibility for any injury to myself acquired during the course of this event. *(Parent or Guardian must sign if participant is under 18 years of age.)*

Signature: _____ Date: _____

For more information, contact Mary Jane Williams at 304-651-4259, or email :
maryjanewilliams53@outlook.com Course maps available at:

<http://www.richwoodchamberofcommerce.org> or on race day.

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