

Join us for the 1st annual all- inclusive fundraising event!

# Run, Walk or Roll



## 5K Run, 1 Mile Fun Walk, & Track Relay Event

**WVU Coliseum Track**

**Sunday, September 23, 2018**

Benefitting the WVU Center for Excellence in Disabilities (CED) to provide services to individuals with disabilities and their families.

**Events** This is a family event, strollers, wheelchairs and adapted bikes are welcome!

**5K Run** - Runners will start at the WVU Coliseum Track and wind through the beautiful WVU Evansdale Campus. Race starts at **10:00 am**.

**Relay Track Event** – This team fundraising event allows team members to walk or roll together or take turns around the WVU Track for one hour. Team members can collect donations ahead of time or get pledges per lap. Event begins at **10:15 am**.

**1 Mile Fun Walk** - The course will be four laps around the WVU Track. Groups are encouraged to participate. Event begins at **10:15 am**.

**Kid's 100 meter dash** – This event is for kids ages five and under. Event will begin at **10:30 am**.

### Registration:

**Students \$15 Individuals \$30**

## Awards:

1. **Best Theme Group**
2. **Best Theme Individual**
3. **Most Rockin' Roller**
4. **Top Time 5K** (3 men and 3 women)
5. **Top Time 5K Kids** (ages 5-12 and 13-17)
6. **Tiny Tots 100 meter dash** (5 and under)
7. **Top fundraising individual**
8. **Top fundraising group**

Register before **September 10th** to guarantee a race t-shirt. Register online at [www.runsignup.com/RunWalkorRoll](http://www.runsignup.com/RunWalkorRoll)

Check in and same day registration opens at 9:00 am at the WVU Track.

### Questions?

Visit [www.cedwvu.org](http://www.cedwvu.org) for more info or call Melina Danko at 304-293-4265.



West Virginia University

CENTER FOR EXCELLENCE IN DISABILITIES