

## Get a 2010 WCC race - Free Entry Redeemable for any WCC Race

### Eligibility:

To be eligible for a Wayne County Challenge free entry, a student must meet the following criteria:

- Attend a local elementary school or middle school
- In 8<sup>th</sup> or lower grade during the 2010/11 school year
- Never before participated in a WCC race
- Committed to training to complete the race distance

### Get Pre-Approval:

(Runner ***Must be pre-approved*** to verify all eligibility requirements are met)

Up to twenty (25) free entries will be awarded on a first come, first served basis. Pre-approval must be completed by e-mail. The student's parent should send an e-mail to the WCC Chairman, Michael King at [m.king@wcchallenge.org](mailto:m.king@wcchallenge.org), requesting a free entry.

In this e-mail, state the student's name and school. This is necessary to confirm eligibility. If you are one of the first 25 to qualify for a free entry, you will receive a return confirming e-mail.

### Choose a WCC race:

Visit the WCC website\* to learn more about each race. The runner may choose any one of the races available. The choice of race may be based on the time of year, the course terrain, the beneficiary of the race, the location within the county, or any other reason you may have. It's entirely up to you.

\*Visit our website at [www.wcchallenge.org](http://www.wcchallenge.org).

### Enter the Race:

Once you've chosen a race, you have two options:

1. You may print out the race entry form for that race from the WCC website, complete it and mail it, along with a copy of the confirming e-mail, to the address listed on the form. *Be sure to mail your entry before the pre-entry cut-off date for that race and include a copy of the confirming e-mail.*

OR . . .

2. Bring a copy of the confirming e-mail with you on race day and register in the hour before the race begins. Be sure to get there in time to register. (Note: A t-shirt is not guaranteed with race-day registration.)

### Train for the race:

The internet is a good source to help beginning runners learn about running. The WCC highly recommends Hal Higdon's 5K Novice training program for beginning runners. <http://www.halhigdon.com>

*Students who use the free entry will receive all the same benefits as a regular paying participant, such as a race participant t-shirt or entry to door prize drawings. There are no further obligations.*

If you have questions about this free entry program, contact the WCC Chairman, Michael King, at [m.king@wcchallenge.org](mailto:m.king@wcchallenge.org).