



2010 Run For It

A **TUCKER COMMUNITY FOUNDATION** EVENT
SATURDAY, SEPTEMBER 25, 2010
11:00 AM DAVIS, WV

EVENT PACKET

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Run For It is a **2k & 5k walk** and **5k competitive run** held during the Leaf Peepers Festival.

It is intended to raise funds for, and awareness of, community organizations, agencies, projects and charities located within the Foundation's six county service area.

The **2k** is **1.2 miles** on level pavement. The **5k** is **3.1 miles** up, down, and around town.



Tucker Community Foundation
Creating opportunities for the communities we serve in
Barbour, Grant, Preston, Pocahontas, Randolph and Tucker Counties.
tuckerfoundation.net



How does Run For It work?

Run For It is a 2k & 5k walk and 5k competitive run in support of community organizations, projects, charities within the six county region served by the Foundation. "It" is *your* community cause. You choose the community cause, project or charity you want to support and walk, run, roll or stroll for it.

As host of the event, the Tucker Community Foundation (TCF) offers a large award purse to motivate participation. We collect all entry fees, sponsor donations, and Match Donor contributions and distribute the race proceeds to their respective causes.

The race provides three opportunities to raise funds for your cause:

ENTRY FEES, SPONSOR DONATIONS, CASH AWARDS

1. Sign up and **pay \$10 entry fee**. One half of your entry fee is donated to your cause.
2. **Solicit sponsor donations** in support of your cause if you'd like. All sponsor donations are tax deductible and the full amount will be distributed to your cause.
3. 100% of **cash awards** are donated to the winner's cause. The award purse starts at \$5,300 and is updated as Match Donors pledge contributions. Visit the website after April 1 to see Award totals.

Race Information Course map and entry forms online at tuckerfoundation.net

1. Racers **check-in** Friday night from 5-7pm or Saturday 7:30-10am at the Davis Fire Hall.
2. Race time: **11 am on Saturday, September 25, 2010**.
3. The course starts and finishes at the fire hall in Davis, WV on RT 32.

Race day judging for the Best Team Effort category starts at 10 am. Race day traffic on RT 32 is s-l-o-w moving, so plan accordingly. Give yourself plenty of time to get to town, get parked and get to the fire hall.

The race is for anybody from anywhere of any age and ability. Anyone who can walk, run, or roll in a stroller or wheelchair is eligible to participate. You do not have to be fast.

Costumes are encouraged and leashed dogs are allowed. Under 18? Please have your parent or a responsible adult register you. Over 80? Good for you!

Mail your signed entry form with your entry fee before September 15. After September 15, bring it to the race check-in. The first 300 to register are eligible for a free t-shirt.

Other ways to Participate in Run For It

- You can volunteer as **event staff**.
- You can **sponsor a racer**. Support a good cause by sponsoring a racer with your tax deductible contribution. Any amount is acceptable. Fill out the yellow box on the Entry Form & mail with your donation.
- You can be a **T-shirt sponsor**. For a small fee you can have your company logo featured on Run For It t-shirts but act quick, there is limited space.
- You can contribute as a **Match Donor**. See page 7.



2010 Run For It Entry Form

11am Saturday, September 25, Davis, WV
A Tucker Community Foundation Event

OFFICE USE ONLY

Entry Fee: **\$10.00** payable to **TCF-RFI**

Racers fill out the **BLUE** area. Race Sponsors & Donors fill out the **YELLOW** area.
Incomplete forms cannot be processed. Avoid delays. Fill in the blanks!

Venue 2k Walk only 5K walk or **competitive run**
Name _____
Birth Date ___/___/___ Age on race day _____ Gender ___
Address _____
City _____ State _____ Zip _____
Phone _____ E-mail _____

1/2 of your \$10 entry fee supports the community cause of your choice.

If you wish to join a team, enter the Team Name: _____
If you plan to race but do not want to join a team, please list the cause you wish to support: _____
Or, if you want to support the **Directors' General Fund** for general charitable causes, check here _____.

Waiver of Liability Signature of racer required (Parent/Guardian if racer is a minor)

I, _____ acting for myself, or as the legal parent or guardian of _____ hereby release event sponsors, organizers, volunteers and/ or members of the BOD of TCF from any claims for damages or injuries suffered as a result of my and/or my child's participation in this event and waive any claim that I, or my child, might have against the event sponsors, organizers or volunteers from damages arising out of, or in any way relating to my, or my child's, participation in this event. I hereby consent to and permit and accept the responsibility for emergency medical treatment in the event of injury or illness suffered by myself and /or my child. I grant TCF the right to use and incorporate, in whole or part, photographs or videotape taken of myself and/or my children for use in TCF materials and waive any right to royalties or other compensation related to use of those photographs or videos.

Signature: _____ Date: _____

How did you hear about Run For It?

Newspaper Radio
 Brochure TV
 Web Word of Mouth

Is this your first Run For It? ___(y/n)

Register early!

Free t-shirts to the first 300 racers registered. Size (if available):

XS L
 S XL
 M XXL
 no thanks

I do not plan to run or walk, but I want to support the event. I have enclosed a check made out to TCF-RFI.

All donations qualify as a charitable donation. Tax receipts are issued for donations over \$100.00.

Amount

\$ _____ Sponsor Donation in support of _____ (racers name or team name).
\$ _____ General donation to the _____ Endowed Fund of Tucker Community Foundation.
\$ _____ Donation to the **Directors' General Fund** for general charitable purposes.

Name _____ Address _____
City _____ State _____ Zip _____ E-mail _____

Mail completed form and check (no cash) by **September 15** to:
TCF, P.O. Box 491, Parsons, WV 26287 or fax to **304-478-9966**

After September 15 register at the Davis Fire Hall:
Friday September 24 5-7pm or Saturday September 25 7:30-10am
Can't pay? You can enter, but you will be ineligible for awards.

tuckerfoundation.net



2010 Event Rules & Tips

Failure to follow any of the rules set forth by the Foundation will result in disqualification from Run For It 2010 and may affect future participation in the event. All participants are to operate within the spirit of Run For It and are to function ethically and honestly in relation to the event.

- Participants may not send any kind of promotional mailing using the TCF logo but may send letters to sponsors detailing the event and the request for donations. A sample letter is provided.
- Participants must not provide any goods or services in exchange for a sponsor's contribution.
- Banners used on site in conjunction with the Run For It event must be pre-approved by Tucker Community Foundation; **no exceptions**.
- Sponsor donations may be collected up to and including race day, but **only those donations received in the TCF office postmarked by September 15 will be tabulated for the Most \$\$ Raised and Best Team Effort awards** to allow for proper accounting of all funds.
- 2k **walk only** means just that – no running. *One foot must always be on the ground to qualify as a walk.* Course Marshals will be posted throughout the course and have the final say if there is a question. The 2k is not a timed event. The 5k is timed for up to 1 hour.
- Only walkers, runners, wheelchairs and strollers are permitted. For safety, other wheeled transport (bicycles, skateboards, etc.) is not allowed. Dogs are welcome but must be kept on a short leash and must be picked up after. No other animals please!
- **Teams register by September 15 and have a minimum of 5 team members.**
- **Participants may not change teams after September 15.** If you wish to support an additional cause, you may make a donation.

TCF reserves the right to review all donations. If a donation does not conform to TCF Asset Development Policies, the Foundation has the right to return the donation. TCF has exclusive legal control over any contributed assets.

Tips for participants

Participants can choose to enter either as an individual or as part of a team.

Team entries are for those wishing to walk, run or roll in support of the same cause. Team members do not have to walk or run together and they do not have to participate in the same venue (2k / 5k). Timed events are based on individual performance.

Race day participants like to congregate with other team members. Take advantage of the pre-race time to meet and greet newcomers to the team. It's a good time to promote your cause and it's also a great time to thank team members in person for their participation and support.

The **TCF service area** includes: **Barbour, Grant, Preston, Pocahontas, Randolph & Tucker Counties**. Out of area teams may participate but they are not eligible for TCF awards. Half of entry fees and 100% of sponsorships will be distributed to the team's cause regardless of area.



tuckerfoundation.net



Team Captain Registration

*Please provide the following information as you want it posted on the Run For It/TCF web site.
It is the responsibility of the team captain to prepare his/her team for participation in the race.
Team Captains must be present and participate on race day.*

Team Captain Name _____

Name of Team: _____

Contact Information

Address _____

E-mail _____

Phone _____

Identify and explain the cause your team is supporting: _____

Will your team participate in the Best Team Effort competition and parade?

Teams must declare their intentions before September 15.

Circle one option

- a. My team plans to compete for the **Best Team Effort** category.
- b. My team will parade but will not be competing for Best Team Effort.
- c. My team does not wish to participate in the parade or judging for Best Team Effort Category.

Parade of Teams:

This is your opportunity to stand and be recognized! **Any team can parade but only those teams that have registered for the Best Team Effort category will be judged.** Teams must be checked-in and lined-up by 10am on race day. Each team will have 1 minute to perform or your team can just stroll through the fire hall with your sign and enjoy your minute of glory.

Mail or e-mail completed form to:

**TCF – RFI
P.O. Box 491
Parsons, WV 26287
dianehtcf@frontiernet.net**



2010 Run For It

2010 Award Categories

100% of Award \$\$ is distributed to the cause represented by the winner.
 Awards are intended for community causes in the Foundation's six county service area.
 Awards are subject to increase based on Match Donor Contributions.
 Visit **tuckerfoundation.net** for current award totals and updates.

	2010 Award (m/f)
First to Finish 2K	
Youth	\$100
Adult	\$100
Masters	\$100
Fastest 5K	
Youth	\$200
Adult	\$200
Masters	\$200
Best Team Effort*	
2nd Place	\$750
1st Place	\$1,000
Most \$\$ Raised	
2nd Place	\$750
1st Place	\$1,000
<hr/>	
Total TCF Award Purse	\$5,300

Each year match donors add to TCF awards, in 2009 awards totaled **\$25,550!**

***Best Team Effort** is a judged category based on:

- 50% Largest # of team members present at 10 a.m. line up.
- 30% Team Spirit¹
- 20% Fund raising effort (\$\$ turned in by 9/15)

¹Team Spirit may include costumes, signs and other props, cheering, singing, etc. in the judging area.
 Teams are encouraged to be creative in order to get the attention of the judges.

TCF Awards		USATF 5k Awards	
Youth	14 and under	Medallions go to top three M/F overall and the top three by age category: 10 and under 11-14 15-19 20-29 30-39 40-49 50-59 Masters 60 & Up Medallions are also awarded to the oldest and youngest participant.	
Adult	15-54		
Masters	55 and older		

Important!
 Note the age difference between
 TCF Masters and USATF Masters.
 Racers may be eligible for more than one award.
*Winners must declare their donation option within
 7 days after the race. Call 304-478-2930.*



2010 Run For It

Match Donor Form

In 2009, TCF awarded **\$5,100**.
Match Donors added **\$20,450** to the Award Purse!

What is a Match Donor?

A Match Donor is any individual or business that pledges a matching contribution of \$100 or more to one or more of the Run For It award categories. Match Donors are an essential part of Run For It. They are a distinguished group of community organizations, businesses and individuals who value philanthropy and inspire all of us to give. Their generous donations to the Award Purse are an incentive that helps generate the amazing participation in this the event. They use this special opportunity to support the community and by doing so, encourage other donors.

Why should you be a Match Donor?

100% of your match goes to the winner's community cause, organization or charity. Our community encompasses six counties: Barbour, Grant, Preston, Pocahontas, Randolph and Tucker.
100% of your contribution is tax deductible.
Advertising! Upon receipt of funds, all Match Donations are recognized in pre and post race publicity. Thousands of visitors attend the Leaf Peepers Festival where Match Donors are recognized at the Run For It Award Ceremony and on Finish Line posters. We honor the wishes of donors that want to remain anonymous.

How can you become a Match Donor?

Sign and return the Match Donor contract below.
Call the TCF office at 304-478-2930 or fax to 304-478-9966.
E-mail dianehtcf@frontiernet.net for more information.

\$ _____ Pledge

_____ Please invoice me later.

ADVERTISING OF DONATION WILL START UPON RECEIPT OF DONATION.

Your name (or business) as you would like to be recognized: _____

Your contact information (telephone # & mailing address): _____

Check one:

_____ Please assign my match to the award category of need.

_____ Please assign my match to the following category(s) (circle below):

First to Finish 2K	
Youth Male	\$100
Youth Female	\$100
Adult Male	\$100
Adult Female	\$100
Masters Male	\$100
Masters Female	\$100

Most \$\$ Raised	
2nd Place	\$750
1st Place	\$1,000

Fastest 5K	
Youth Male	\$200
Youth Female	\$200
Adult Male	\$200
Adult Female	\$200
Masters Male	\$200
Masters Female	\$200

Best Team Effort*	
2nd Place	\$750
1st Place	\$1,000

***Best Team Effort** is judged based on number of participants, team spirit, and fund raising effort.

Youth – 14 and under
Adult – 15-54
Masters – 55 and older



2010
Run For It

Sponsor Information

A **race sponsor** is anyone that wishes to support a racer's cause with a monetary donation. 100% of sponsor money goes to your cause. Donations are tax deductible.

Sample Letter for Potential Sponsors

Dear-----,

On Saturday, September 25 the Tucker Community Foundation (TCF) is hosting its 4th annual Run For It event, a 2k/5k walk or run in support of community organizations, projects and charities within the Barbour, Grant, Preston, Pocahontas, Randolph and Tucker County, WV. I will be walking (or running) in support of _____ and I am soliciting sponsor money for that cause. 100% of the sponsor money I raise will go to this cause.

No sponsor donation is too small and each donation is very much appreciated. Your donation is tax deductible. Tax receipts are issued upon request and/or for any donation in excess of \$100.

Sponsor donation checks should be made out to TCF. **Be sure to identify the racer or the team you are sponsoring on the memo line.** To be eligible for awards, Sponsor Donations must reach the Foundation office postmarked by September 15.

Mail your donation to: **TCF – RFI, PO Box 491, Parsons, WV 26287.** I appreciate your consideration of this request.

Sincerely,

Your name



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Donation Options

Run For It offers participants four donation options. Pick one and enter your choice on the Entry Form.

- I. Identify a general area of interest that you want your donation to support (the Animal Welfare, Arts, Recreation, Health, Youth, Education, Historic Preservation, Senior Citizens, Social Investment (general charitable causes), Scholarship or Unrestricted. If you want it to serve a particular county within our service area make sure you identify the county that you want your donation to serve.
- II. Choose a new or existing community project, organization or charity that benefits your community. If you belong to an organization that is struggling to raise funds, this option may serve you best.
- III. If you wish to initiate or establish an endowed fund, call the office for details. Endowed funds are subject to current TCF Terms & Minimum Fund Requirements.
- IV. Any individual or team can choose to support any of the following endowed funds :

ARTS

Fred T. Busk Fund	Arts Education
Margaret Kump Roberts Fund	Augusta Heritage Festival
Carl Delsignore Fund	Creative Arts
Dutch Easton Fund	Creative Arts, Tucker County

ANIMAL WELFARE

Mountaineer Humane Society Fund	Perpetual funding for MHS
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RECREATION

Rubenstein / Schilansky Fund	Recreation, Thomas & Davis Area
National Bank of Davis Fund	Recreation Davis area
C. W. Pell Fund	Construction and Maintenance of a park in Davis

HEALTH

Donaldson – Corey Fund	Canaan Valley EMS
Capt. Karl Patrik Youngblood Memorial Fund	EMS training, Tucker County
James D. Jordan Fund	Canaan Valley & Harman EMS
Shaffer Mountain Hospice Fund	Mountain Hospice, Inc.
Billie Armstrong Fund	Pregnancy Care Center
Cortland Acres Association Fund	Cortland Acres Association

YOUTH

Thomas P. Patrick, DDS Fund	Boy Scout Troop 96
Falling Green Fund	Youth programs: equestrian, 4H, Tucker County
E. Kepler and Alice D. Smith Fund	Various youth organizations, Tucker County
P.J. Zickefoose Fund	Skiing opportunities for youth, Randolph & Tucker County
Ohio WV YMCA Camp Horseshoe Fund	Ohio-WV YMCA
Kiwanis Club /J. Kenton Lambert Fund	Community youth projects

EDUCATION

John P. & Sarah C. Swartz Fund	Music education in Tucker County schools
George & Marjorie H. Walburn Memorial Fund	K-12 geography course work, Tucker County
Dehari Fund	TC educational school trips, guest speakers & education technology

HISTORIC PRESERVATION

Bright's Chapel Cemetery	
Buena Chapel Cemetery	
Leadmine Cemetery	
McNeeley Cemetery	
Davis Cemetery	
Utterback Family Fund	Alpine Heritage Preservation, Inc. – Cotrill Opera House
Holly Meadows - Long Family Cemetery Fund	Long Family Cemetery



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More Donation Options

SENIOR CITIZENS

Grant Co. Sr. Citizen Fund Grant County Senior Citizen Center

SOCIAL INVESTMENT

Louise Harman Fund	Parsons Cemetery, Parks and/or Five Rivers Public Library
James & Louise Cooper Family Fund	Blackwater Ministerial Assoc. to aid the needy
William M. Harman Memorial Fund	Parsons Cemetery, Parks, Library & Citizens
Richard & Mary R. Harr Fund	Beuna Chapel Methodist Church
Christine & Russell McClain Fund	Parsons Five Rivers Library
John Pill / Mt. Top Library Fund	Mt. Top Library
Old Ridge Runner Fund	TCF Operations
Nan Parsons Presbyterian Church Fund	Perpetual funding Parsons Presbyterian Church
John, Kathleen & Sharon Syrian/Donald T. Goss Fund	Public parks gardens & beautification, Warm the Children
Denver & Ethel R. Smith Memorial Fund	St. Paul's United Methodist Church
Valentine Family Fund	Parsons Presbyterian Church
Woody F. Nestor Mem'l Fund	Needy of Tucker County
Thompson Family Fund	Needy of Tucker County
Tucker County Veterans Memorial Fund	Needy of Davis / Canaan Valley
Sarah Thompson Kaemmerling Fund	Maintenance of Parsons Veteran's Memorial
George & Mariwyn Smith Fund	Charitable, educational, scientific activities for Davis, Thomas, Canaan Valley
Pioneer Memorial Public Library Fund	General charitable purposes
Warken Fund	Perpetual funding for PMPL
	Funds for the needy in Tucker County

SCHOLARSHIP

Lindsey & Addie Reed Scholarship Fund	WVU undergraduate agricultural students
Harry & Elizabeth Boyce Scholarship Fund	TCHS seniors to further their education
Enos, Delbert H. & Shirley Carr Scholarship Fund	WVU, Marshall, or D&E College students
Rebecca Ann Chenoweth Memorial Scholarship Fund	TCHS students attending a WV college
Forrest G. Clark Scholarship Fund	TCHS students
Herbert W. Clarkson Scholarship Fund	TCHS senior to attend a WV college
Joyce Colbert Veterinary Scholarship Fund	Tucker, Preston, Garrett Co. students in rural veterinary medicine
Crimson Shamrock Fund	Tucker, Preston or Garrett Students for masters, doctorate or professional deg
Fraternal Order of Eagles Scholarship Fund	Family member of Davis FOE
Kline, Allison, Evans Scholarship Fund	Graduating seniors from Union District (Grant) and/or Elk District (Mineral)
Margaret Ann & James A. Grafton Fund	TCHS / PBHS students entering WVU nursing or forestry program
Walter & Mary Shaffer Helmick Scholarship	TCHS graduate attending WV college or trade school
W. Denzel & Ernestine A. Kee Scholarship Fund	College bound students from Hambleton, Hendricks or Parsons
P.L. & Elizabeth Cook Milkint Scholarship Fund	Tucker or Preston County graduate
Dr. Mary Alice Klein Scholarship Fund	Students planning a career in education
Madeline R. & Lester E. Miller Scholarship	Tucker or Petersburg High School graduate
Robert W. Minear, Jr. Memorial Scholarship Fund	Students planning a career in education
The Orr Family Fund	TCHS senior or older student attending college
Parsons High School Alumni Scholarship Fund	Graduating seniors who are descendants of PHS Alumni
Preble Scholarship fund	TCHS graduates attending college
H. Max Price Scholarship Fund	Traditional or non-traditional students attending a trade school
Roberts/Villalobos Millennium Scholarship	TCHS graduate with leadership potential
Shaffer Scholarship Fund	TCHS attending WV a college or university
Michael Shahan Scholarship	College students from St. George, Clover or Licking districts
Martha C. Sponagle Scholarship	TCHS graduating senior
Joseph R. Steffl Scholarship	Seniors from Pocahontas & Randolph Co. attending a WV college
Gary E. Wilson Fund	Tucker County resident attending Christian elementary, middle or high school

UNRESTRICTED

Citizens National Bank Fund	Unrestricted
Director's General Fund	Unrestricted
R.W. & Sarah Minear Fund	Unrestricted
Mountain Valley Bank Fund	Unrestricted
H. Dailey & Belva Shaffer Martin Fund	Unrestricted



2010 Run For It

Run For It Committee Members

CHAIR Anne Brown Wardwell

Shannon Anderson

Diane Beall

David Cooper

Kelly Stadelman

Rachelle Davis

EVENT COORDINATOR Diane Hinkle

EXECUTIVE DIRECTOR Rob Burns

Community Volunteer Representatives

RACE OFFICIALS Dan & Jody Lehmann

Adam & Kadra Casseday

Randy & Kelly Young

PRE-REGISTRATION Marcia Lemon

COMMUNITY ADVISORS Joel & Katie Wolpert

Special thanks to Alpine Festival Board, Tucker County Convention Visitors Bureau, the Mayor of Davis and Town Council, Davis Volunteer Fire Department, Canaan Valley Institute, Chip Chase & Laurie Little of White Grass Café, and a host of other volunteers who are instrumental in the planning and implementation of this event.

DESIGN by Joel Wolpert



Tucker Community Foundation

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