

Registration Location

Kanawha City
Community Center
3511 Venable Avenue
Charleston, WV
304.348.6484

Sunday, December 16

3000 M Walk
Begins 1:00pm

5000 M Run
Begins 2:00pm

Sunday, January 13

4000 M Walk
Begins 1:00pm

8000 M Run
Begins 2:00pm

Sunday, February 3

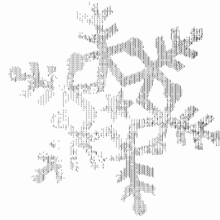
5000 M Walk
Begins 1:00pm

10,000 M Run
Begins 2:00pm
1000 meters = .62 miles

For Information Contact::

WK Munsey
tallmantrackclub@yahoo.com

Lynn Watts 304.348.6860
lynn.watts@cityofcharleston.org



Charleston Parks & Recreation
200 Baker Lane
Charleston, WV 25302



Charleston Parks & Recreation



Winter Series

Runs / Walks

Sunday, December 16

5000 M Run / 3000 M Walk

Sunday, January 13

8000 M Run / 4000 M Walk

Sunday, February 3

10,000 M Run / 5000 M Walk

Registration 12:30pm

Walk 1:00pm / Run 2:00pm

Kanawha City Community Center
3511 Venable Avenue, Charleston

Winter Series

Waiver:

I, the undersigned, waive and release myself, my heirs, executors, and administrators, any and all rights and claims for damages, demands, and any other actions whatsoever, which I may have against all participating sponsors and supporters and The City of Charleston, arising out of my participation in this event, including and all injuries, including death suffered me as a result of my participation in this event. I consider myself adequately trained for the completion of this event. Should I suffer an injury or illness, I authorize officials of this event to use their discretion to have me medically treated and transported to a medical facility. I also authorize the sponsors to use any photographs or video taken of me to be used in any promotional materials.

Signature: _____

Parent/ Guardian Signature Required Under 18 years of Age: _____

Date: _____

http://tallmantrackclub.com/race_calender.htm

www.cityofcharleston.org/recreation



Danny Jones, Mayor

Race Course

Start:

36th Street and Washington Avenue.

Behind

KCCC Tennis Courts / LLBall Field

This is an easy flat course.

Course will be marked.

Map provided at start of each race / walk.

Traffic control will be provided.

Finish:

36th and Washington Avenue



Awards:

Run—Male /Female

Overall for fastest cumulative time in all three

Runs for Age Divisions.

Walk—Top Three for Male /Female fastest in

cumulative time for all three Walks.

(No Age Divisions)

Hooded Sweatshirts given to
ALL Participants who FINISH All Three
Runs / Walks.

Shirt Size: **Youth** (One Size)

Adult: **S M L XL XXL XXXL**

Age Divisions:

14 & under	15—19
20—29	30—39
40—49	50—59
60 – 69	70 & Over

Registration Fee:

\$10.00 Per Single Event

\$25.00 All Three Runs /Walks in Advance

Advance Registration Due: *December 16th, 2007*

Registration

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-Mail: _____

Please Check All That Apply:

December 16 _____

January 13 _____

February 3 _____

Male: _____ Female: _____

Run: _____ Walk: _____

Age Divisions:

14 & under	15—19
20—29	30—39
40—49	50—59
60 – 69	70 & Over

Paid: \$25 \$10

CHECK _____ CASH _____

Check Payable to: City of Charleston P & R
Advance registration due: December 16th, 2007

Mail registration to:

Charleston Parks & Recreation

200 Baker Lane

Charleston, WV 25302