

### Race Course

#### Start:

3511 Venable Avenue  
In Front of Kanawha City Community Center.

This is an easy flat course.

Course will be marked.

Map provided at start of each race / walk.

Traffic control will be provided.

#### Finish:

3511 Venable Ave (Front of KCCC)



#### Awards:

**Run—Male / Female**

Overall for fastest cumulative time in all three

Runs for Age Divisions.

**Walk—Top Male / Female**

Fastest in cumulative time for all three Walks.

(No Age Divisions)

Sweatshirts awarded to

**ALL Participants who FINISH All Three**

Runs / Walks.



Size: Youth L (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.** Per Single Event

**\$25.** All Three Runs /Walks in Advance

#### Advance Registration Due:

December 14, 2008

Information - 304.348.6860



# Charleston Parks and Recreation

## Winter Series

*Sunday, December 14, 2008*

*5000 M Run / 3000 M Walk*

*Sunday, January 11, 2009*

*8000 M Run / 4000 M Walk*

*Sunday, February 8, 2009*

*10,000 M Run / 5000 M Walk*

Registration 12:30pm

Walk 1:00pm / Run 2:00pm

**Kanawha City Community Center**

3511 Venable Avenue, Charleston

Charleston Parks & Recreation 304.348.6860

**Charleston Parks & Recreation**  
200 Baker Lane  
Charleston, WV 25302





Danny Jones, Mayor

**Registration Location**

**Kanawha City  
Community Center**  
3511 Venable Avenue  
Charleston, WV  
304.348.6484

**Sunday, December 14, 2008**

**3000 M Walk (1.8mi)**  
Begins 1:00pm

**5000 M Run (3.1mi)**  
Starts 2:00pm

**Sunday, January 11, 2009**

**4000 M Walk (2.4mi)**  
Begins 1:00pm

**8000 M Run (4.9mi)**  
Starts 2:00pm

**Sunday, February 8, 2009**

**5000 M Walk (3.1mi)**  
Begins 1:00pm

**10,000 M Run (6.2mi)**  
Starts 2:00pm

1000 meters = .62 miles

For Information Contact:

**WK Munsey**

tallmantrackclub@yahoo.com

Lynn Watts 304.348.6860

lynn.watts@cityofcharleston.org

# 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\\_calendar.htm](http://tallmantrackclub.com/race_calendar.htm)  
[www.cityofcharleston.org/recreation](http://www.cityofcharleston.org/recreation)



**Registration**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

**Please Check All That Apply:**

December 14, 2008 \_\_\_\_\_

January 11, 2009 \_\_\_\_\_

February 8, 2009 \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Run: \_\_\_\_\_ Walk: \_\_\_\_\_

**Age Divisions:**

14 & under 15-19

20-29 30-39

40-49 50-59

60-69 70 & Over

Wheelchair \_\_\_\_\_

**Paid: \$25 \$10**

CHECK \_\_\_\_\_ CASH \_\_\_\_\_ City ID # \_\_\_\_\_

Check Payable to: Charleston Parks & Recreation

Advance Registration Due: **December 14, 2008**

Mail registration to:

**Charleston Parks & Recreation**  
200 Baker Lane  
Charleston, WV 25302



WEST VIRGINIA STATE UNIVERSITY  
FOUNDATION, INC.

