


Winter Series

Walks / Runs

December 12 10
January 09 11
February 06 11

 West Virginia University
Charleston Division
3110 MacCorkle Ave SE
Charleston, WV 25304



 **Merrill Lynch**
Wealth Management
Bank of America Corporation

http://tallmantrackclub.com/race_calendar.htm
www.cityofcharleston.org/recreation

Awards:

Run—Male / Female

Overall for fastest cumulative time in
ALL 3 Runs for Age Divisions.

Walk—Top Male / Female

Fastest in cumulative time for all three Walks.
NO Age Divisions.

Information: **304.348.6860**

Charleston Parks and Recreation

cheryl.gaynor@cityofcharleston.org

tallmantrackclub@yahoo.com

Winter Series

WVU @ CAMC Memorial Hospital
3110 MacCorkle Ave SE

Registration

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-Mail: _____

Divisions

Male: _____ **Female:** _____

Run: _____ **Walk:** _____

Birth Date: _____

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

Wheelchair _____

Same Day Registration (Ea. Event) **\$20.**

Advanced Registration (3 Events) **\$40.**

WVU / City of Charleston Employee

Registration ID # _____ \$20.

PAID: CHECK _____ CASH _____

Advance Registration Must be Received by:

December 1, 2010

Race Course Start:

31st St & Virginia Ave continues onto
Kanawha Ave. This is a flat, easy course.
Course will be marked. Course Map will be
provided at each walk/ run event. Traffic
control at Major Intersections.

Finish: 31th St & Virginia Ave

Check Enclosed & Mail Registration:

Charleston Parks and Recreation
Winter Series
200 Baker Lane
Charleston, WV 25302

Please Check All That Applies:

Sunday, December 12, 2010

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

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

Sunday, January 09, 2011

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

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

Sunday, February 06, 2011

5000 M Walk (3.1Mi) _____
Begins 1:00pm

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

1000 meters = .62 miles

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: _____

All Runners / Walkers that
FINISH All Three Events
will receive a Hooded Sweatshirt

Youth: L (One Size)

Adult: S M L XL XXL

Please circle Sweat Shirt size !!!!