

# 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](http://tallmantrackclub.com/race_calender.htm)

[www.cityofcharleston.org/recreation](http://www.cityofcharleston.org/recreation)



Danny Jones, Mayor



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*

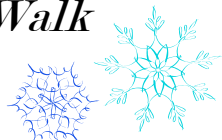
*8000 M Run / 4000 M Walk*

*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

**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

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

**Registration**

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

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

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

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

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

**Please Check All That Apply:**

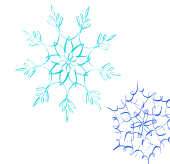
December 16 \_\_\_\_\_

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 \_\_\_\_\_**

Mail registration to:

Charleston Parks & Recreation  
200 Baker Lane  
Charleston, WV 25302