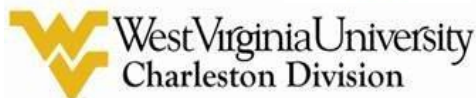


# Winter Series

## Walks / Runs

December 11 11  
January 08 12  
February 05 12

Charleston WV  
31st and Virginia Ave



[http://tallmantrackclub.com/race\\_calender.htm](http://tallmantrackclub.com/race_calender.htm)  
[www.cityofcharleston.org/recreation](http://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**

City of Charleston Parks and Recreation  
[cheryl.gaynor@cityofcharleston.org](mailto:cheryl.gaynor@cityofcharleston.org)  
[tallmantrackclub@yahoo.com](mailto:tallmantrackclub@yahoo.com)

# Winter Series

### Registration

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

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

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

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

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

### Division:

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

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

### Age Divisions:

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

Birth Date: \_\_\_\_\_

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

**Advanced Registration** (3 Events) **\$45.**

**STUDENTS** (3 Events) **\$20.** \_\_\_\_\_  
(School)

**WVU/ CAMC / City of Charleston Employee**  
ID # \_\_\_\_\_ **\$20.**

PAID: CHECK \_\_\_\_\_ CASH \_\_\_\_\_

Advance Registration Must be Received by:

**December 3, 2011**

### Race Course Start:

31<sup>st</sup> St & Virginia Ave. (Behind WVU Charleston/ CAMC Memorial Hosp.) 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:** 31<sup>st</sup> 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 11, 2011**

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

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

**Sunday, January 08, 2012**

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

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

**Sunday, February 05, 2012**

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  
If 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 !!!!**