

Twin Falls Lumberjack Festival 5K Run/Walk
Saturday, October 11
Registration, 2:30 - 3:45
Race Start: 4:00
Twin Falls Amphitheatre/Ball field area
(Registration Form below)

Wyoming County has its first 5K race series in conjunction with the fairs and festivals held in Mullens, Oceana, Pineville, and Twin Falls State Park. Participate in the Coal Heritage 5K Run/Walk Series, and you could win \$250,\$150,\$100,\$70, and cool door prizes. Bring your family and friends and little ones. There will also be a Fun Run for kids to win trophies too. Please forward this out to anyone you think would be interested. Thanks!

The Final race of the Coal Heritage 5K Series will take place at Twin Falls State Park on Saturday, October 11th in conjunction with the Twin Falls Lumberjack and Bluegrass Jamboree.

Race day registration: 2:30 - 3:45 pm.

The Twin Falls Lumberjack Festival 5K Race will begin at Twin Falls State Park Amphitheatre/Ballfield area. Follow State Park signs towards Cabins, Amphitheatre/Ballfield sign & road on left.

Early Registration is \$12, race day registration is \$15

Mail early registration forms to the Coal Heritage Highway Authority:

Po Box 5176, Beckley, WV, 25801

(see registration form below)

The Coal Heritage 5K Run/Walk Series

Mullens-Oceana-Pineville-Twin Falls

Presented by the Wyoming County CVB and the Coal Heritage Highway Authority

Sponsored by Jet Broadband, Peoples Bank of Mullens, First Community Bank,

Dew Drop Water, JOE 92.7 FM, Pinnacle Creek County Store & Whistelstop Cafe, and

Twin Falls State Park

Mullens Dogwood Festival Race May 4th, 2008, 2pm

Oceana Heritage Festival Race July 12th, 9 am

Pineville Castle Rock Race August 31st, 6 pm

Twin Falls Lumberjack Race October 11th, 4 pm

Participate in all 4 Series events and you could win a total of \$1, 250

(Cash awards for each race and overall series winners)

AWARDS, PRIZES, & GOODIES

1ST place male & female finisher: \$250

2ND place male & female finisher: \$150

3RD place male & female finisher: \$100

4TH place male & female finisher: \$70

Winners of all age group divisions, both male & female, will receive trophies/medallions. Participants will receive an official event t-shirt and much more! Surprise GIVEAWAYS will also be raffled to all participants!

AGE GROUPS:

Both Male and Female, Run/Walk

Under 19

20 -24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70+

REGISTRATION FORM:

Make check or money order payable to Wyoming County CVB

Mail check or money order with registration form to:

The Coal Heritage Highway Authority

Attn: Brittany Bauer

Mullens Dogwood Race

PO BOX 5176

Beckley, WV

(Please print neatly using all cap letters)

NAME (first) _____
(last) _____

DATE OF BIRTH _____

AGE _____ M/F (please circle)

RUN/WALK (please circle)

ADDRESS

street _____

county _____

city _____

state _____

zip _____

PHONE _____

EMAIL _____

T-SHIRT SIZE (please circle): S M L XL XXL

WAIVER

All participants in the Coal Heritage 5K Run/Walk Series and related events are required to assume all risk of participation in the race by signing this general release agreement. The participant represents and warrants that he/she is in good physical condition and is able to safely participate in the race. Participant is aware of the risks and hazards involved with 5K run/walks.

Participant consents to use their name and photo for media purposes. Registration fee is nonrefundable.

Signature of Participants

Date

_____ or parent if participant is under 18 _____