

Twin Falls Resort State Park
27th ANNUAL BEAR HOLE ROAD RACE
Saturday – July 17, 2010

Course Description: All runs begin and end in Twin Falls Resort State Park. The altitude of the area ranges from 500 ft to 1300 feet above sea level. The 10- K run is an out and back course following the paved entrance road to the park. It is a challenging morning run. The 5-K run and 5-K walk uses the same course.

Awards: The Bear Hole plaques are awarded to the 1st, 2nd and 3rd place male and female winners of each race category and to the overall male and female winners of each race. All runners receive a tee shirt in their race packets (sizes upon a first come first serve basis) and at registration as quantities permit.

Female and Male Age Groups
For 10-K and 5-K runs

14 & younger / 15 - 19 / 20- 24 / 25-29 / 30-34 / 35-39 / 40-44 / 45-49 / 50-54 / 55-59 | 60 & older

Course Records for 10-K: Dave Tabor, 1984 - 31:53 | Renee Manette, 2004 - 37.56

Entry Fees: 10-K or 5-K: \$10 by July 5, 2010 | \$12 July 6 and after, 2010
Recreational Walk, 5-K - \$8 | Fun Run, \$7

Registration: Download form at www.twinfallsresort.com

Event Schedule:

Saturday, July 17, 2010	7:30 a.m.	Race Registrations - upper parking lot of pro shop, near playground area
	8:30 a.m.	5-K Recreational Walk starts
	9:00 a.m.	10-K starts – 5-K start
		Fun Run begin following 10-K

Awards at finish line area

Results: Results will be mailed or e-mailed to all participants upon request.

Services: Stations offering water be in place for an opportunity of four water stops. Police and paramedics will be on stand-by. Showers are provided at the park swimming pool for all runners.

Accommodations: [Twin Falls Resort State Park – 304-294-4000 or 800-CALL WVA – www.twinfallsresort.com](http://www.twinfallsresort.com)
lodge rooms, camping; cabins as available

Lodging nearby: Area information – www.visitwv.com

Twin Falls Resort State Park
P.O. Box 667 - Route 97 near Saulsville
Mullens, WV 25882
304-294-4000

RACE APPLICATION

Twin Falls Resort State Park
27th ANNUAL BEAR HOLE ROAD RACE
Saturday – July 17, 2010

Name _____
Address _____
City _____ State _____ Zip _____
Land line contact: _____ Cell: _____
eMail: _____

Male or Female (please check)

Age: _____

Shirt Size: S M L XL XXL (circle one)

Check race you are entering: 10-K run 5-K run 5-K Walk Fun Run (10 years and younger)

Bear Hole Race Entry Fees (10-K and 5-K) – \$10 - pre-registration by July 5, 2010 / \$12 - July 6, 2010 and after
Recreational 5-K Walk – \$8 per entry
Fun Run – \$7 per entry

Total Amount Enclosed: \$ _____
Check made payable to: Twin Falls Resort State Park.

Send completed applications and payment to:
Twin Falls Resort State Park
Attn: Joseph Swiney
PO Box 667 • Mullens, WV 25882
Phone • 304-294-4000

RACE WAIVER

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the condition of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release West Virginia State Parks and Recreation, Twin Falls Resort State Park and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____

Date: _____

Parent/Guardian signature if under 18: _____

Date: _____

Print name: _____

Emergency Contact: Name: _____

Phone: _____

Print name: _____

eMail: _____