



Cass 5K Stump Run

Saturday, June 23, 2018

Cass Scenic Railroad State Park
Cass, West Virginia

Registration opens at 7:30 AM Race starts at 9:00 AM

Welcome

The Cass 5K Stump Run is a scenic trip through the area in and around the Cass Scenic Railroad State Park. Cass was a lumber town and the base for a massive logging operation in the early 20th century. The sawmill is now a rusting hulk and the trains carry tourists instead of logs. The Cass Stump Run follows part of an old railroad grade, passes through the site of a plant that extracted chemical from the bark stripped from logs, and goes through part of the town on a boardwalk. The course runs through a mix of history and great scenery.

This race is part of the Park's 2018 **Cass Logging Days** program. All participants are invited to participate in the Logging Day activities after the race, visit the large gift shop and restaurant in Cass, or purchase tickets to ride the steam train out of Cass.

Course

The course starts and ends on Deer Creek Road, about 1/2 mile south of the center of Cass. Total elevation change over the course is less than 100 feet and the majority of the course is at least partly shaded.

The Deer Creek Road portion of the race is approximately 6/10 of a mile. The first part of the run is fast and downhill. The road then ascends and descends to the Greenbrier River Trail (GRT). The largest part of the run is on the GRT, which is a former railroad grade that is essentially flat. The trail hugs the Greenbrier River and offers river views.

You will travel from Deer Creek to mile marker 79 on the GRT where you will turn around and run up the river trail toward the town of Cass. You stay on the trail until you see the arrow directing you towards the Extract Plant ruins. You will then travel through the ruins and up a gravel/stone road until it connects with trail. The Extract Plant ruins portion of the race is the most difficult and has uneven terrain.

From this point you head up the GRT towards the town of Cass. You will enter Cass at Front Street, and will travel up to the Masonic Lodge building where you will make a left. You will pass the mayor's office and jail, and then run down the boardwalk on Main Street. At Emory Street you will take a left and then go through a small yard to reconnect with the trail. At this point the race is nearly complete. The final portion of the course is on the GRT and then through a field toward the finish line.

Entry Fees

You can register on this Web site or print a registration form to mail in or bring on race day.

If your registration form and payment is received in the mail by **June 10, 2018**, entry fees are \$20 for runners 18 and above (with age based on race day age). The entry fee is only \$15 for those under 18. If you register after June 10, entry fees go up to \$25 for adults 18 and over and \$20 for those under 18.

A commemorative hat is **ONLY** guaranteed for those whose registration form and entry fee are received by the June 10 preregistration date.

You will have a much more relaxed race day if you have already registered and paid, and only have to pick up your race packet including bib, rather than having to fill out a registration form and paying the morning

of the race. Having registered before race day will also give you more time to relax and talk to your old friends, make new ones, and even warm up a bit on the course.

Please note that registration with a credit card can ONLY be done through this Web site. Mail registrations must be accompanied with a check and on-site registration must be with cash or a check. When you register through the Web site a processing fee of \$3.00 will be added to the \$20 transaction. If you register by mail or on-site there is no additional fee.

Age Groups

Under 10 (9 and under); 10 to 12; 13 to 17; 18 to 29; 30 to 39; 40 to 49; 50 to 59; & 60 and over. (These age categories are approximate, and might be changed by race day). Race will be timed, and all paid, registered participants could win an award based on finish time, and are also entered to randomly win prizes in drawings after this event. No entrant is eligible to win more than one random prize. (You are entered when we tear off part of your bib after you cross the finish line, and it is important for timing and the drawing that we receive that from you immediately after you cross the finish line.) Please don't switch bib numbers with another runner.

Awards

Overall top three men and women; and top three in each age group, male and female, see above for age groupings. Participants are not eligible for two awards as is the race custom.

Charity Information

This race is part of the 2018 Cass Logging Days activities in the Cass Scenic Railroad State Park, and is being coordinated by the 501(c)(3) Mountain State Railroad & Logging Historical Association, the Foundation of Record supporting the Cass Scenic Railroad State Park. All net proceeds will be used to support preservation and historical interpretation activities in the Park.

Additional Information

If you have questions please contact the Stump Run Registration Chair, Bob Hoke, at 301-725-5877 or bob@rhone.net

Water will be provided at a water station shortly before turnaround point of run. Bring water for before and after race. It will take about half an hour to compile a list of award winners after everyone has finished, so between 10:30 to 10:45 the awards ceremony is scheduled to begin.

Cass 5K Stump Run Application

Name _____

Address _____

City _____ State _____ ZIP _____

Phone and/or email _____

Male Female (circle one) DOB _____ Age on Race Day _____

The entry fee is \$20 (\$15 under 18) before June 10 and \$25/\$20 after June 10. **Amount enclosed:** _____

Send payment (check or money order, no credit cards) to Stump Run Race, c/o Bob Hoke, 6304 Kaybro St, Laurel MD 20707. Make checks payable to "MSR&LHA",

In consideration of my acceptance for entrance in the Cass 5K Stump Run I, for myself and anyone entitled to act on my behalf, waive and release the Cass Scenic Railroad State Park and all race sponsors, their representatives and successors, from all claims or liabilities of any kind arising from my participation in this event.

Signature of Participant (or Parent or Guardian if under age 18)

Date