



Cass 5K Stump Run

Saturday, June 10, 2023

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 route is mostly on an old railroad grade and passes through the site of a plant that extracted chemical from the bark stripped from logs. The course runs through a mix of history and great scenery.

After the race, all participants are invited to enjoy the historic logging town of Cass, visit the Park's large gift shop and restaurant, or purchase tickets to ride the steam train out of Cass.

Course

The course starts at the Cass Community Center and travels down Front Street to the Greenbrier River Trail (GRT). Total elevation change over the course is less than 60 feet and the majority of the course is at least partly shaded.

The course follows the GRT and 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 to near mile marker 79 on the GRT where you will turn around and run up the river trail back 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 reconnects with the trail. The Extract Plant ruins portion of the race is the most difficult and has some uneven terrain.

From this point you head up the GRT towards the town of Cass. The race ends at the new trail head in front of the Cass Company Store.

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 **May 27, 2023**, 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 May 27, entry fees go up to \$25 for adults 18 and over and \$20 for those under 18.

A commemorative item is **ONLY** guaranteed for those whose registration form and entry fee are received by the May 27 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 the Web site www.tristateracer.com. 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). The 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.

Dogs

Dogs are welcome to enter and run the course with their owner. Dog registration is free and can be done on the morning of the race. There will be trophies for the winning dogs.

Awards

Overall top three men and women will receive trophies. The top three in each age group, male and female will receive Award Certificates. Participants are not eligible for two awards as is the race custom.

Charity Information

This race is being run to help support 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 Park. All net proceeds will be used by the Association 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) through May 27 and \$25/\$20 after May 27. **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