

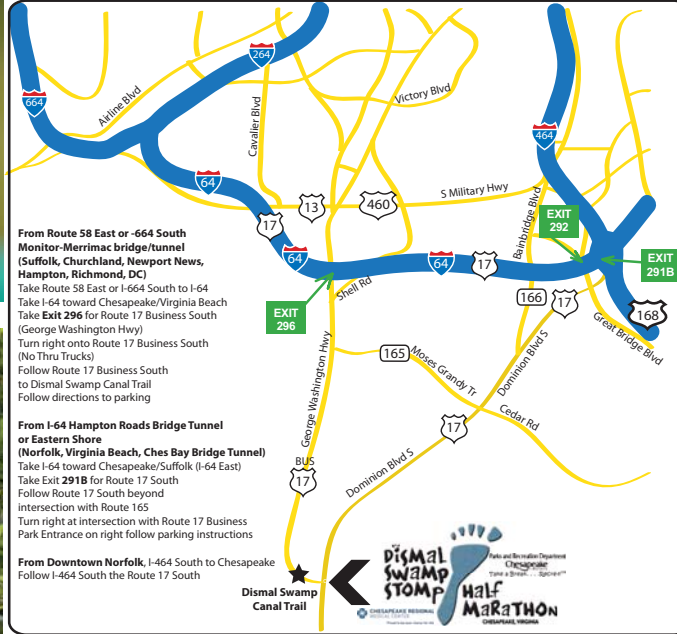
Get Stompin'

Food, fun and entertainment
Fast course, great scenery

Chesapeake Parks and Recreation
is proud to present the 6th annual



Directions:



From Route 58 East or -664 South Monitor-Merrimac bridge/tunnel (Suffolk, Churchland, Newport News, Hampton, Richmond, DC)
Take Route 58 East or I-664 South to I-64
Take I-64 toward Chesapeake/Virginia Beach
Take **EXIT 296** for Route 17 Business South (George Washington Hwy)
Turn right onto Route 17 Business South (No Thru Trucks)
Follow Route 17 Business South to Dismal Swamp Canal Trail
Follow directions to parking

From I-64 Hampton Roads Bridge Tunnel or Eastern Shore (Norfolk, Virginia Beach, Ches Bay Bridge Tunnel)
Take I-64 toward Chesapeake/Suffolk (I-64 East)
Take **EXIT 291B** for Route 17 South
Follow Route 17 South beyond intersection with Route 165
Turn right at intersection with Route 17 Business
Park Entrance on right follow parking instructions

From Downtown Norfolk, I-464 South to Chesapeake
Follow I-464 South the Route 17 South



Proud to be your choice for life.



OLD POINT NATIONAL BANK



Coming April 14, 2012 8:00 am



Benefitting Our House Families and
Chesapeake Care a Free Clinic

Thanks to our sponsors: Old Point National Bank and
Chesapeake Parks & Recreation

Special activity area for the kids
Cub Run starts at 11:30 am

Chesapeake Regional Medical Center's 6th Annual Dismal Swamp Stomp Half Marathon & Children's Cub Run Presented by Chesapeake Parks & Recreation Saturday April 14, 2012 8:00 am

We invite you to join us for the 6th annual Dismal Swamp Stomp Half Marathon and the Children's Half Mile Cub Run. The flat 13.1 mile half marathon course will take runners on a spectacular journey through lush, mysterious landscape and rich history.

The Dismal Swamp Canal Trail off Route 17 in Chesapeake offers runners forested wetlands and a peaceful paved path through the wilderness of the Great Dismal Swamp National Wildlife Refuge. Running parallel to the trail is the historic Dismal Swamp Canal, part of the famed Intracoastal Waterway.

Begun in 1793, under the direction of George Washington, the canal is on the National Historic Register and is recognized as part of the Underground Railroad.

Both races are a perfect complement to Chesapeake's outdoor orientation and its many activities including hiking, camping, birding, and more.

Once you visit the Dismal Swamp Canal Trail you will quickly see why it is becoming a favorite running, cycling and watersports destination for the region. With plans for future expansion and trail improvements, this venue promises to just get better!

So join the foot stompin' crowd for the race, enjoy the legendary scenery, entertainment, prizes, and a post-race party that will be anything but dismal.

Get stompin' with a \$4,000 Prize Purse

This Chronotrack® timed, out and back race is a USATF certified and sanctioned course with a flat, straight and fast design. The event is limited to 2,500 runners and applications will be accepted on a first-come/first-served basis. All runners must be able to complete the course in 3.5 hours or less.

Age Group Categories & Awards

Awards will be given to: the top five overall male and female; the top three overall masters male and female, the top three local male and female, the back of the pack male and female, and the top three overall male and female in each age group: 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 and over. Top three male and female walkers

Prize money breakdown on event website.

Each registered participant will receive a finisher's medal when they cross the finish line.

Register Today for the Best Rates

\$60 – if postmarked before Jan. 31

\$70 – if postmarked after Jan. 31 - Apr. 12

\$80 – on site at Expo Apr. 13

There will be no race day registration.

Please make checks payable to:

Kale Running/Dismal Swamp Stomp
1211 Buckingham Ave, Norfolk, VA 23508



Packet Pick-up

Packet pickup, registration, and Chronotrack® B-tag disbursement will be at the Race Expo, Apr. 13, 2012 at the race expo. Check the event website <http://dismalswampstomp.com> for expo details.

There will be no race day packet pickup.

Registration Confirmation

Email confirmations will be sent on Thur., Apr. 12.

Contact Information

For more information call Kale Running

757-373-4174 or visit our website at <http://dismalswampstomp.com>.

Parking

Parking is available in designated areas only. Please follow signs. Carpooling is recommended. Directions to the race site are on the event website.

Volunteers

Volunteer opportunities contact Nancy Silva; volunteer@kalerunning.com.

Accommodations

Special room rates available at Hyatt Place our host hotel and expo location.

Dismal Swamp Stomp Half Marathon Entry

Please Print Clearly: ___ 1/2 Marathon Run ___ 1/2 Marathon Walk

Name (first, mi, last)

Street Address

City State Zip

Phone Number

Age Birthday (mm/dd/yyyy) Sex: M ___ F ___

Email Address (required to receive registration confirmation)

Emergency Contact (First Name, Last Name, Phone Number)

All shirt sizes are adult sized. Please circle one.

Shirt Size: S M L XL XXL (Type to be determined)

Children's Half Mile Cub Run Entry presented by Old Point National Bank

Children will receive t-shirt, children's finisher medal, and runner's packet. Parents are welcome to run along side their children. Race starts at 11:30 am. This race is for children 12 and under. The entry fee is \$10

Name (first, mi, last)

Street Address

City State Zip

Phone Number

Age Birthday (mm/dd/yyyy) Sex: M ___ F ___

Email Address (required to receive registration confirmation)

T-Shirt Size: YS YM YL S (Please circle one.)

___ I have a disability for which I am requesting an accommodation. All requests for accommodations must be received six weeks prior to the date of competition.

No refunds, exchanges, or transfers. No exceptions. Incomplete applications will not be processed.

I understand that I am running a road race that is a potentially dangerous activity and poses certain serious health risks. I represent that I am medically able and properly trained to participate in this event. I have read this waiver and release, and also fully understand and agree to its terms. I, acting for myself and anyone entitled to act on my behalf, now and forever, waive, release, defend, save and hold harmless, the City of Chesapeake, its employees, representatives, and agents, KaleRunning.com, race officials, volunteers, all sponsors and their representatives and successors, from and against, any and all claims and liabilities, whether based on personal injury, death or monetary loss, which may arise out of my participation in this event. I assume all risks associated with running in this event including falls, contact with other participants, the effects of the weather from heat and humidity, the traffic, condition of the roadways and trails, and such other risks known and appreciated by me.

In addition to the foregoing, I hereby grant the right for all of the foregoing to use any photographs, motion pictures recording devices, or any other record of this event for legitimate purposes. I further understand that this event is a road race conducted under the rules of the USATF, is not intended for skates, roller blades, bikes, or dogs on leashes. I agree to abide by USATF rules and any other applicable rules, laws, or guidelines.

Signature (Parent or guardian if under 18)

Date