

HAMMER THOSE HILLS



sixth annual
Central South Carolina
Habitat
for Humanity®
runWALK

Oct. 10
2009
8:00am

START/FINISH at Providence Presbyterian Church
1112 Hummingbird Drive
West Columbia, South Carolina 29169

http://www.providencepresbyterian.net/Habitat/habitat_for_humanity_run.htm

10K RUN, 5K RUN, 5K WALK, 1K YOUTH FUN RUN EVENTS

The sixth annual Habitat for Humanity Run/Walk will start and finish at Providence Presbyterian Church, just off Hwy. 378 in West Columbia, SC. The 10K and 5K races will be run on a USATF-certified course in residential neighborhoods leading out to Hwy. 378, and both are part of the Columbia Running Club's "Tour De Columbia," a series of races to promote running for fun, and to assist the community by raising money for local non-profits. The 5K walk course is the same as the 5K run course and begins shortly after the 10K and 5K running events.

New this year is the **1K Youth Fun Run** — fun for the entire family! Boys and girls ages 4 to 10 can participate in the 1K Youth Fun Run held in the back of Providence Presbyterian Church. All kids entered will receive a commemorative medal upon finishing.

For more information on any of these events, visit our web site: **www.ProvidencePresbyterian.net**, and click on "**2009 Habitat for Humanity Run/Walk.**" Or e-mail Jennifer Covington, race director, at jcovington@criticalmassofcolumbia.com.

A few features included in this year's events are:

- Water/aid stations at 2-and 4-mile marks of the race course
- Split call-outs at each mile (10K race only)
- T-shirt and additional giveaways in all packets (until we run out)
- Post-race pancake breakfast and award ceremony
- Awards ceremony at 9:45am in the Fellowship Hall
- All run and walk participants will receive a commemorative silicon bracelet.

REGISTRATION/PACKET PICK UP

Register by mail with check and this completed application form, **OR**
Register online at www.StrictlyRunning.com (click on "**Register Online**" at center-top)

Packet pick-up/register in person at Providence Presbyterian Church:

- October 9th, 4:30pm – 6:00pm
- October 10th, 6:30am – 7:30am

EVENT RESULTS Complete results will be posted after the awards ceremony.

AWARDS

For the 10K Run and 5K Run, the top three women and men in each of the following categories will be awarded:

11-14	25-29	40-44	55-59	70 and over
15-19	30-34	45-49	60-64	
20-24	35-39	50-54	65-69	

All kids entered in the 1K Youth Fun Run will receive commemorative medals, and the first-place for each age will also be awarded during the awards ceremony.

The 10K and 5K runs are proudly touted as one of the most challenging 10K and 5K events in the area. So if you're up for an additional challenge, run either the 10K or 5K with a stroller (containing a child) and there will be an additional award for the first stroller crossing the finish line. We dare you.

100% of the proceeds of the Habitat for Humanity Run/Walk goes to support the Central South Carolina Habitat for Humanity to build homes in the Cayce/West Columbia area.

RACE APPLICATION

100% goes to support the Central South Carolina Habitat for Humanity to build homes in the Cayce/West Columbia area
Date: Saturday, October 10, 2009 **Time: 8:00a.m.**

Name: _____

Address: _____

City/State/Zip: _____

Age (on race day): _____ Male Female

E-mail: _____

Group Name: _____

ENTRY AND FEES

- I am entering: **10K Run - \$20** up to September 30th, **\$25** after October 1st
 5K Run - \$15 up to September 30th, **\$20** after October 1st
 5K Walk - \$10 up to September 30th, **\$15** after October 1st
 1K Youth Fun Run - \$5
 Group Rate (*minimum of FIVE in a group*) - **\$15 each**

*Make checks payable to **Providence Presbyterian Church**,
note on your check **Habitat Run/Walk**.*

Mail-in address: Strictly Running • 736 Harden Street • Columbia, SC 29205

RACE APPLICATION WAIVER

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with participating in this event including, but not limited to, falls, contact with other participants, the affects of the weather and the conditions of the course — all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue; therefore, waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police, including any and all of their agents, employees, assigns, or anyone acting for or on their behalf from any and all claims or liability for death or personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, video, motion pictures, recordings or any other record of this event for any purpose. Applicants for minor accepted only with a parent or guardian signature.

Signed: _____

(Parent or guardian signature if participant is under 18 years of age on the day of this event.)

Date: _____