

3RD ANNUAL HEALTHY CAPITAL 5K

Columbia High School

Saturday, April 17, 2010 - 8:30 a.m.

Healthy Capital 5K Registration Form

Location and Time

- ❖ Saturday, April 17, 2010
Columbia High School
- ❖ 8:30 a.m.-Race Start Time
- ❖ Packet Pickup begins at
7:15 a.m.
- ❖ Directions to school:
<http://columbia.richlandone.org>

Course Info

- ❖ 5K begins and ends near
gymnasium parking area;
Fun Run on CHS track
- ❖ USATF Certified -
SC08009BS
- ❖ Scenic course through Pine
Valley neighborhood
- ❖ Water stop & monitors on
the course

Entry Fee

- ❖ Early Entry Fee—*On or
before 3/25/10*: \$20
Adults, \$10 Students 11+,
\$5 Students 10 and under
- ❖ After 3/25/10 Race Day
Entry Fee: \$25 Adults, \$15
Students 11+, \$10 Students
10 and under

*All proceeds support the
Healthy Capital Scholarship*

Age Divisions

| | |
|------------|-------|
| 10 & under | 11-14 |
| 15-19 | 20-24 |
| 25-29 | 30-34 |
| 35-39 | 40-44 |
| 45-49 | 50-54 |
| 55-59 | 60-64 |
| 65-69 | 70+ |

Prizes & Awards

- ❖ **Cash prizes** awarded to the Top Male
& Female finishers.
- ❖ Prizes awarded to Top 3 Age Division
finishers and to school or group with
largest number of participants.
- ❖ All Fun Run participants receive a
prize.
- ❖ Awards ceremony immediately
following race near finish area.

Contact Information

Melony Sanford
Columbia High School
1701 Westchester Drive
Columbia, SC 29210
803-731-8950 ext. 2110
mstanford@richlandone.org



Name (PLEASE PRINT LEGIBLY)

School Name or Organization (ex. Columbia High School, Colonial Life)

Age on 04/17/10

Male Female Walking 5K Running 5K
Fun Run (10 & under only)

Street Address

City/State/Zip

Phone

E-mail Address

T-shirt Size (Circle One): Youth: S M L
Adult: S M L XL XXL(\$2.00 extra)
T-shirts are guaranteed to pre-registered runners only!

Register online at www.strictlyrunning.com

To register by mail, mail checks and registration forms to:
Healthy Capital 5K 736 Harden St, Columbia, SC 29205

Make checks payable to: Columbia High School/Capital 5K

Liability Waiver: In consideration and acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, and assignees, release and discharge all sponsors, their representatives and successors and any individual or group associated with this event 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 person names in this waiver. I grant permission for all the foregoing to use photographs, motion pictures, recordings, verbal or written statements, or any other record of this event for any legitimate purpose.

Signature

Parent's Signature (if under 18)

Date