



# RUN FOR YOUR LIFE

**SATURDAY APRIL 10, 2010**

## RACE / WALK LOCATION

- ⇒ Newberry Hospital front parking lot, 2669 Kinard Street, Newberry, SC
- ⇒ I-26 westbound: exit # 76; left off exit, right on Wilson Road/ US 76; left on Kinard Street
- ⇒ I-26 eastbound: exit # 72; right off exit; left on Wilson Road/ US 76; right on Kinard Street

## SCHEDULE FOR APRIL 10, 2010 RUN/ WALK

Registration Packet Pick-up	7:30-8:30 a.m.
5K Race/ 2 mile walk	9:00 a.m.
Junior Jog	9:45 a.m.
5K Race Awards Ceremony	10:00 a.m.

## REGISTRATION- RUN FOR YOUR LIFE

- ⇒ On-line at [www.strictlyrunning.com](http://www.strictlyrunning.com)
- ⇒ In person at Newberry Hospital Wellness Center
- ⇒ (Mon.-Thur. 6am-8pm; Fri. 6am-6:30pm)
- ⇒ Mail in registration form
- ⇒ On-line at [www.NewberryHospital.org](http://www.NewberryHospital.org)

## ENTRY FEES

- Early entry by March 26<sup>th</sup>**  
 NCMH Employees/ Active Medical Staff  
 Walker or Runner \$10 with t-shirt  
 General Public  
 Runner \$25 with t-shirt  
 Walker \$12 with t-shirt
- Late Entry March 27<sup>th</sup>-April 9<sup>th</sup>**  
 Runner \$30  
 Walker \$15
- Race Day April 10<sup>th</sup>**  
 Runner \$35

## RUN FOR YOUR LIFE / WALK DETAILS

- ⇒ **2010 Palmetto Grand Prix race**
- ⇒ Accurate timing services provided by iSMBJude, Inc. and Strictly Running
- ⇒ Certified 5K course: Certification Code: SC05015BS
- ⇒ Course Description: Road race, 100% paved, Altitude (meters above sea level) 152 start, 152 finish, 158 highest, 152 lowest. Configuration: complex of loops
- ⇒ Maps will be available on website ([www.NewberryHospital.org](http://www.NewberryHospital.org)) and on race day
- ⇒ Palmetto Grand Prix Race Patch Program

## AWARDS/ PRIZES FOR RUNNERS

\$100	1 <sup>st</sup> place overall male and female
\$50	2 <sup>nd</sup> place overall male and female
\$25	3 <sup>rd</sup> place overall male and female
\$25	1 <sup>st</sup> place overall male and female masters (40 & older)

First, second, and third place male and female group awards:

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

Overall winners not eligible for age group awards

Entry fees are non-refundable.  
T-shirts for Early Registration Only

## 2010 BIKE FOR HEALTH AND RUN FOR YOUR LIFE

Name: \_\_\_\_\_ Age (on race day) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Emergency Contact (name) \_\_\_\_\_ (phone #) \_\_\_\_\_

Early Entry: Walker/Cyclist: \$12      Late Entry: Walker/Cyclist: \$15      Race Day: Walker/Cyclist: \$20  
 Early Entry: Runner \$25      Late Entry: Runner: \$30      Race Day: Runner: \$35  
 NCMH Employees/Medical Staff **Early Registration: Walk, Run or Cyclist: \$10**

Runner \_\_\_\_\_ Walker \_\_\_\_\_ 10 Mile Bike Ride \_\_\_\_\_ \*Helmets required for cyclist  
 T-shirt size S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ (child sizes upon request) (T-shirts for Early Registration Only)

**WAIVER:** In consideration of acceptance of this entry, I, for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act on my behalf, release and discharge Newberry County Memorial Hospital, event sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers from any claims of injury or liabilities of any kind suffered by me as result of participation in this event. I hereby certify that I am in physical condition, and have skill levels needed, to safely complete these events. I also give my permission for the free use of my name and/or picture in any broadcast, telecast, or other written account of the event.

\_\_\_\_\_  
 Runner's/ Walker's/ Cyclist Signature      Date      Signature of Parent or Guardian (if under 18)

# **BIKE FOR HEALTH 10 MILE BIKE RIDE SATURDAY APRIL 10, 2010**

## **BIKE FOR HEALTH LOCATION**

⇒ Newberry Hospital **Back** Parking Lot Evans Street  
Entrance

## **ENTRY FEES**

Early entry by March 26<sup>th</sup>

NCMH Employees/ Active Medical Staff

10 Mile Bike Ride \$10 with t-shirt

General Public

10 Mile Bike Ride \$12 with t-shirt

Late Entry March 27<sup>th</sup> – April 9<sup>th</sup>

10 Mile Bike Ride \$15

Race Day April 10<sup>th</sup>

10 Mile Bike Ride \$20

⇒ **Registration form on opposite side**

## **SCHEDULE FOR BIKE FOR HEALTH**

⇒ Registration/ Packet Pick-up 7:00-8:00 a.m.

⇒ 10 mile Bike Ride 8:30 a.m.

## **BIKE FOR HEALTH DETAILS**

⇒ Maps are available at: [www.NewberryHospital.org](http://www.NewberryHospital.org)  
and on race day

⇒ Helmets Required for Cyclist

Entry fees are non-refundable.  
T-shirts for Early Registration Only



# **Innovation at Work**