



# MOTHER'S DAY WEEKEND



## 3rd Annual Run for Scouting

### 5K, 10K, 1 Mile Fun Run/Walk

*All proceeds benefit the Palmetto Council, Boy Scouts of America*



## Saturday, May 8, 2010

Race time 8:30 a.m. for 5K

Race time 8:45 a.m. for 10K

9:00 a.m. for 1 mile Fun Run/Walk



**Duncan Park-Spartanburg, SC**  
**Certified and Chip Timed 5k\* & 10k**  
**\*5k is an Official Grand Prix Race\***

(\*USAT&F Certified 5k:40358S)



- \* Mail-in/fax registration closes May 1, 2010
- \* Age group medals awarded; 1st-3rd place finishers (5K and 10K race only)
- \* Fun Run/Walk participants receive hats
- \* Door prizes and food for runners/walkers
- \* Moisture Wicking shirts for first 250 pre-registered by May 1, 2010 (5k & 10k runners only)
- \* Registered Scouts for 1 mile Fun Run/Walk are free
- \* 1-Mile Race starts 9:00 a.m. (must bring Scout I.D.)
- \* 5K & 10K \$22.00 pre-registration/late fee \$30 after May 1, 2010 (Shirts available while supplies last)
- \* 1 mile Fun Run/Walk \$5.00 fee
- \* Cash awards for Top Overall Male & Female Winners
- \* Official Grand Prix Patch for first 250 to finish the 5K Run (Sorry, the 10k is not a Grand Prix Race)
- \* On-line registration, go to [strictlyrunning.com](http://strictlyrunning.com) or download forms at [www.palmettocouncil.org](http://www.palmettocouncil.org)

**Proudly Sponsored in part by Mc Donald's Restaurant**

*\*above information subject to change\**

**Call Matt Spencer, Race Director, for details at  
The Palmetto Council, BSA. 864-585-4391**

*(See reverse side for more details and mail-in/fax registration form)*



# Mc Donald's Restaurant Proudly Sponsors the 2010 Run for Scouting Mother's Day Weekend Registration Form

The racecourse encompasses some of Spartanburg's historic neighborhoods, buildings and lakeside park. Run along paved streets in Duncan Park with traffic controlled by the Spartanburg City Police Dept. The 5k & 10k course will be well marked with water stations, complete with race personnel and markers along this safe, quiet and beautiful park route. The 10k will be a double loop course in the park.

**Complete, detach and return this official registration form with payment by May 1, 2010 to:**

**Run for Scouting Mother's Day Race at:**

**420 South Church Street, Spartanburg, SC. 29306 or Fax to 864-585-7751 you can register Online at:  
[www.strictlyrunning.com](http://www.strictlyrunning.com) (follow the prompts under race registrations)**

(After May 1st- **NO** mail-in registrations accepted, Online registration open until midnight May 6. You **MUST** register on race day by 8:00 am.)

**This is the only 2010 Spartanburg County 5k and 10k Race with Official Chip Timing!**

**(Only one person per registration form -copy form as needed)**

**All entry fees are non-refundable. You can download registration forms at:**

**[www.palmettocouncil.org](http://www.palmettocouncil.org) or [www.spartanburgrunningclub.org](http://www.spartanburgrunningclub.org)**

**\*SPECIAL MOTHER'S DAY GIFT TO ALL MOMS AND A BED & BREAKFAST GETAWAY DRAWING FOR ALL MOMS 21 AND OLDER BY MAY 8, 2010\***

**(Please Print) -----Cut Here-----**

Name: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age Race Day: \_\_\_\_\_ DOB \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**\*Pre-registration fee for 5k & 10k is \$22.00. Late registration fee postmarked after May 1, and Race Day Registration is \$30.00.**

Phone(\_\_\_\_) \_\_\_\_\_ E-mail: \_\_\_\_\_ **\*Registration Fee: \$ \_\_\_\_\_**

**Adult Shirt Sizes 5k & 10k Participants only (circle one): S M L XL**

\*Extra Shirts for sale for \$15.00 each, Hats for Sale \$10.00 each, Water Bottles for sale \$5.00 each - \*Depending on availability and sizes.

**Please-Only 5k and 10k** Pre-Race packet pick-ups on Friday, May 7th from 1:00-6pm at the **Palmetto Council Scout Office** located at 420 S. Church Street, Spartanburg, SC. 29306. Call for more details @ 864-585-4391

(All Race Packets can be picked up on race day in Duncan Park from 7:15 to 8:15 am at the small baseball field parking lot)

**Make all Checks Payable to: Palmetto Council, Boy Scouts of America**

**Check 1 Race: 5k \_\_\_\_\_ (USAT&F Certified:40358S) 10k \_\_\_\_\_ 1-Mile Fun Run \_\_\_\_\_**

**For More Race Details, Call Matt Spencer @ 864-585-4391, ext. 29**

**For More Scouting Information, Call The Palmetto Council Boy Scouts @ 864-585-4391.**

**Any registered youth Scout who shows proper Scout ID on race day- \*NO Charge for 1 Mile Fun Run**

**The 5k and 10k races do not apply for free entry if you are a Scout. Regular race fees will apply.**

**\* Scouts must register day of race for 1- Mile Fun Run before 8:30am. Sorry, No Pre-registration available for Scouts and the 1-Mile Fun Run\***

I, the undersigned, realize that participation in this event is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of event officials relative to safely completing the run. I assume all risks associated with participation including, but not limited to, falls, contact with other participants, the effects of weather, traffic and the conditions of the course, all such risks being known and approved by me. Having read this waiver, and knowing these facts, and in consideration of the acceptance of this entry, I for myself and anyone entitled to act in my behalf, waive and release all event sponsors, promoters, the Boy Scouts, the Spartanburg Running Club, Spartanburg Recreation Department, the City of Spartanburg and race officials, their representatives and successors from all claims of liability or damages of any kind arising from my participation in this event. I hereby grant full permission to any or all of the foregoing to use any photographs, video tapes, motion pictures, recordings of the event or I am liable for and/or other records of event for any legitimate purpose. Race entry fees are non-refundable for any reason including in climate weather. Race organizers reserve the right to reject any entry. All timed races and awards are final. All complaints, problems or concerns will be dealt with after the awards ceremony.

**Participant Signature (Parent/Guardian if under 13 years): \_\_\_\_\_**

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**Age Groups: (If under the age of 13, you must be accompanied by an adult)**

[Three deep awards per age group for 5 & 10k race. First place trophies only for Top Overall Male & Female. There will be **No** Double Dipping]



5k and 10k Race	
Under 15	15-19
20-24	25-29
30-34	35-39
40-44	45-49
50-54	55-59
60-69	70 +

**1-Mile Fun Run**  
- Any Age-

(5K Splits will be given @ mile markers 1 & 2-10k Splits will be given @ mile markers 1, 2, 4, & 5) Water station will be available on courses.

**Masters/Grand Master Awards for top 5k & 10k Male and Female over 40, and over 50. (Top winners do not receive age group awards)**

**CASH AWARDS:** (Must be present to receive cash awards-overall winners do not receive age group awards)

**\$50.00** Cash Prize Overall 1<sup>st</sup> Place 5k & 10k Male & Female

**\$25.00** Cash Prize Overall 2<sup>nd</sup> Place 5k & 10k Male & Female

Official 2010 Grand Prix 5k Race Patch to first 250 pre-registered runners by May 1, 2010. (5k race only)

Race results for the 5k & 10k run will be posted on the web at: [www.strictlyrunning.com](http://www.strictlyrunning.com) and at: [www.spartanburgrunningclub.com](http://www.spartanburgrunningclub.com)