

Sports Medicine Challenge Waiver

1. In consideration of the acceptance of this entry, I hereby, for my heirs, executors, administrators and assigns, release and discharge the sponsors and operators of the McLeod Sports Medicine Challenge Run/Walk and their agents and employees from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said event to be held on March 20, 2010. I specifically release and discharge said operators and sponsors from all injuries or damages arising from or contributed to by any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event the same being my sole responsibility. I also give my permission for the free use of my name and picture in any broadcast, telecast or other written account of the event.
2. I have been informed that I should consult with a physician concerning my participation in an exercise program and obtain from a physician, advice as how I should participate in relationship to my state of physical condition. I have also been informed that I should periodically update my state of physical condition with a physician. I either have obtained such advice from a physician or acknowledge that I have decided to participate in exercise programs without obtaining the advice of a physician.
3. I understand that the waiver and Release of Liability above stated is broad terms. If portions of this Waiver and Release of Liability are held invalid, the remainder will continue in effect.
4. I have read this Waiver and Release of Liability and understand the rights I am giving up by signing it.

Participant's Signature

Date

If under 18, Parent or Guardian's Signature

Date

Directions to Briggs Elementary:

Interstate Travel: From I-95 take the I-20 spur exit into Florence onto David McLeod Blvd. Follow David McLeod Blvd through 6 stop lights (McDonald's is right in front of you), take a left onto Palmetto Street. At the 3rd stop light turn right onto Park Ave. Cross Cherokee Road, Briggs Elem School will be on the right. Follow the signs for parking.

From East: Take highway 301 into Florence, 301 turns into Palmetto Street, also known as Hwy 76. Turn left on Park Ave, cross Cherokee Road, Briggs Elem School will be on the right. Follow the signs for parking.

From West: Take highway 76, also known as Palmetto Street, into Florence. Turn right on Park Ave, cross Cherokee Road, Briggs Elem School will be on the right. Follow the signs for parking.

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McLeod Human Motion Specialists SPORTS MEDICINE



5K & 10K Run/Walk and Pet Walk

March 20, 2010

Briggs Elementary School
1012 Congaree Drive
Florence, South Carolina

Palmetto Grand Prix Event

McLeod Sports Medicine Challenge 5K & 10K Run/Walk and Pet Walk

Saturday, March 20, 2010

Briggs Elementary School
1012 Congaree Drive
Florence, South Carolina

Event & Start Time:

7:30 a.m. – 8:30 a.m. – Registration
9:00 a.m. – 5K Run/Walk, 10K Run
and 1 Mile Pet Walk
11:00 a.m. – Scholarship Ceremony
11:10 a.m. - Awards Ceremony
11:15 a.m. – Post Race Pasta

Free Events

8:30 a.m. – 11:30 a.m. - Family Activities
including Moonwalk, Face Painting, Strong-
Man Strikers, a Clown and more.

Run/Walk Course Information:

The McLeod Sports Medicine Challenge
Run/Walk Course is USA Track and Field
Certified. The course is designed for
competitive and recreational athletics. It is
completely shaded, and paved with low, rolling
hills making up the middle third.

Race USATF certification: #SC96008BS 10K
#SC96009BS 5K

Awards:

Awards will be given to the top three overall
Male and Female winners. Medals will be
awarded for each age division.
Prizes to overall winners:
1st Place \$100 2nd Place \$50 3rd Place \$25
A \$100 cash bonus for the male or female who
sets a new course record.
Awards will also be given to Pet Walk winners.

Entry Fees:

includes T-shirt
Pre-registration: \$15
McLeod Employee and Military Personnel: \$12
High School Track and Cross Country
Athlete: \$12
Registration day of the event: \$20
** Proceeds from 5K/10K Run/Walk benefit the Geoffrey
Kier Memorial Athletic Excellence Scholarship Fund*

Registration & T-shirt Pick-up:

Pre-Registration:

- Mail attached registration form to
McLeod Sports Medicine Center
Run/Walk Challenge
P.O. Box 100551
Florence, SC 29501-0551
- Register on-line at
www.rmssports.com

Payment must accompany pre-registration.
Make checks or money orders payable to the
McLeod Health Foundation.

Pre-registration deadline is March 12, 2010.

Race Day Registration:

7:30 a.m. – 8:30 a.m. at Briggs Elementary
School

Pet Walk and Fun Walk (1 mile):

Pre-registration not required. Pet Walk and Fun
Walk: \$5 per pet, \$5 per person, \$10 for family
(T-shirt not included)

** Proceeds benefit the Florence Area Humane Society and
McLeod Children's Hospital, A Children's Miracle
Network Hospital.*

Championship Timing by RMS:

Race technical direction is managed by Race
Management Systems, Inc.

For more information on the
McLeod Sports Medicine Challenge,
call (843) 777-5043 or email
Lwood-sanders@mcleodhealth.org

McLeod Sports Medicine Challenge Run/Walk and Pet Walk Registration Form

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

Date of Birth _____ Age _____

Amount Enclosed: \$ _____

Please indicate one division and
one age group.

Division:

- 5K Walk/Run 5K Wheelchair
 10K Run 10K Wheelchair
 Pet Walk/Fun Walk (T-shirt not included)

Age Group: (not necessary for Pet Walk)

- 13 and under 40 – 44 years
 14 – 19 years 45 – 49 years
 20 – 24 years 50 – 54 years
 25 – 29 years 55 – 59 years
 30 – 34 years 60 – 64 years
 35 – 39 years 65 plus

Sex: Male Female

Military Personnel Yes No

McLeod Employee ID# _____

High School Track and Cross Country
Athlete Yes No

T-Shirt Size: _____

*Please fill out one form per participant.