

MARTIN LUTHER KING, JR.
5K RUN/FITNESS WALK

Entry Form

Make check payable to:

Bridging the Gap with Alpha, Inc.

Please return entry form to:

**Strictly Running
736 Harden Street
Columbia, SC 29205**

Register online at:

www.strictlyrunning.com

Course directions:

**Start at corner of Santee Av & Preston St
Preston St to King St.
Right on King St
Left on Heyward St
Left on Simmes St
Left on Wheat St
Right on King St
Left on Preston St
Left on Santee Av
To Finish line**

736 Harden Street
Columbia, SC 29205

**THE 20TH ANNUAL
MARTIN LUTHER KING, JR.
5K RUN/FITNESS WALK**

**BENEFITING THE AMERICAN
DIABETES ASSOCIATION**



**Saturday, June 26, 2010
Martin Luther King Park
2300 Green Street
Columbia, SC**

Tour de Columbia Race

Palmetto Grand Prix Tour

 **American Diabetes Association**

5K RUN/FITNESS WALK

REGISTRATION FORM

WAIVER

PLEASE READ CAREFULLY

Starting Time: 8 a.m., Sat., June 26, 2010

Location: Race headquarters at Martin Luther King Park, Santee Ave. (Five Points)

Course: TAC Certified Course (SC92027BS) on paved streets; 5 kilometers (3.1 miles). Split times provided at 1 and 2 mile marks.

Entry Fee: BEFORE 6/15/2010
5k Run or Walk \$25 with a T-Shirt
5k Run or Walk \$20 without a T-Shirt

Late Entry Fee: AFTER 6/15/2010
5k Run or Walk \$30 with a T-Shirt
5k Run or Walk \$25 without a T-Shirt
(Cannot Guarantee T-Shirt to Late Entries)

Race Day Fee: 6/26/2010 Saturday
5k Run or Walk \$35 with a T-Shirt
5k Run or Walk \$30 without a T-Shirt
(Cannot Guarantee T-Shirt to Late Entries)

Awards: Medals given to the top three finishers, male and female, in the following categories: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 +.

Reporting Time: Registration begins at 7 a.m. Runners should report to the starting line by 7:45 a.m. Walkers start immediately after.

Charity: Proceeds benefit American Diabetes Association

Early Packet Pick Up: June 23-25 (Wed-Friday), 12:00 noon until 6:30pm, at Strictly Running, 736 Harden Street, Columbia, SC 29205

Information: Contact:
Strictly Running
(803) 799-IRUN (4786)
Willie Odom
(803) 254-8070

Name: _____

Address: _____

Phone () _____

Emergency Contact:
Name: _____

Phone: () _____

Check One:
 Fitness Walk
 5K Run

 Male Age Category _____
 Female

T-shirt size
 Med. Lge. XL

How many years have you participated in the MLK Run/
Fitness Walk? _____

Are you a diabetic? _____

I would like to make a donation:
 \$10 \$25 Other

Please make check payable to:
Bridging the Gap with Alpha, Inc.

Please return entry form to:
Strictly Running
736 Harden Street
Columbia, SC 29205

Register online at www.strictlyrunning.com.

In consideration of this entry in the Annual Martin Luther King, Jr. 5K Run/Fitness Walk, I/My Heirs/Assigns, release Alpha Phi Alpha Fraternity, Inc. – Omicron Iota Lambda Chapter, Bridging the Gap with Alpha, Inc., and all other organizers, sponsors, representatives, their agents, their employees, and any other person or organization assisting in putting on this event from any and all claims for damages or injuries incurred by me as a result of my participation in or travel to or from this event. I further realize the distance of this event (3.1 miles) and state that I am in proper physical condition to compete in this event. I assume the risk of running/walking in traffic. I also give permission for the free and unrestricted use of my name and picture in any broadcast, telecast, or written account of this event.

Participant's signature

Parent's signature if under 18 years of age

Date