

INAUGURAL LABOR DAY RUN AT THE PLANTATION

10K, 5K and One-Mile Kids Fun Run • September 6, 2010



Join us on September 6th for
The Inaugural Labor Day Run at the Plantation
in support of the Orchestras of Blythewood!



All three races will start and finish at Blythewood Middle School. The 10K and 5K routes are USATF certified courses. Runners can expect a mixture of flat areas and hills. The One-Mile Kids Fun Run will take place around the gated perimeter of the school campus. **Cash** prizes awarded to overall male and female winners! Both routes tour Longcreek Plantation, a beautiful residential area of Blythewood. Runners will enjoy views of Lake Columbia, the Longcreek Plantation Equestrian Center, and the sounds of music from Blythewood Middle and High orchestra students!

ENTRY FEES

10K RUN/WALK

- Online and Mail-In on or before August 1-race day: \$30
- Online and Mail-In after August 1: \$35

5K RUN/WALK

- Online and Mail-In on or before August 1: \$20
- Online and Mail-In after August 1-race day: \$25

KIDS ONE MILE FUN RUN

- \$5 for a t-shirt

START TIMES

- Fun Run: 7:40 am
- 10K Run/Walk: 7:57 am
- 5K Run/Walk: 8:13 am

PACKET PICK-UP

- Sunday, Sept. 5: 4-6 pm at Blythewood Middle School Gym Lobby
- Race Day: 6:30 am (race day registrations will take place at this time as well)

**Participants who pre-register will receive a t-shirt. Not guaranteed for late/race day registrations-please register early!*

**Online registration: www.strictlyrunning.com*

Mail-In: Make checks payable to **BMS Orchestra Booster Club. Send entry forms and checks to:
Labor Day Run at the Plantation/ Strictly Running-736 Harden Street, Columbia, SC 29205*

INAUGURAL LABOR DAY RUN AT THE PLANTATION ENTRY FORM

Name _____ Age on 9/6/2010 _____ Gender _____

Address _____ City _____ State _____ Zip _____

Phone (____) _____ E-mail Address _____

Emergency Contact (name and phone): _____

Select Event (check one): 10K Run/Walk 5K Run/Walk One Mile Kids Fun Run
T-Shirt Size (adult sizes-check one): Small Medium Large XL 2XL 3XL

Athlete's Release

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the condition of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release Blythewood Middle School, Richland School District Two, Longcreek Plantation, and all sponsors, their representatives and successors 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 persons named in this waiver.

Athlete's Signature (Parent Signature if under 18)

Emergency Contact and Phone