



Saturday - August 21 - 2010

Location: Springdale Race Course, Camden, SC site of the Carolina Cup. Visit www.carolina-cup.org for directions. Use the Knights Hill Road entry.

Course: The 5K Run & Walk will begin at 6.45PM at the grandstand of the course and will take one loop on the inner circle and then transition on the outer loop to complete the 5K and finish at the grandstand. The footing will be firm ground and will be run on grass and a dirt packed road. Great course for spectators since runners will be visible from grandstand at all times. Course slightly modified from the prior year to include more packed surfaces.

Fees: 5K Walk/Run \$25, late registration, after August 1st fee is \$30. Please call 803 432-0951 regarding group rates for groups of 10 or more. Entry Fees are Non-transferable or Non Refundable. Race will proceed rain or shine.

Registration: Online at www.strictlyrunning.com or mail completed registration form and check or money order payable to "UWKC New Day on Mill", to Strictly Running, 736 Harden Street, Columbia, SC 29025.

Schedule:
5:45 PM Packet Pickup and late registration
6:45 PM 5K/Run Walk
7:45 PM Awards and Recognition at Grandstand.

For further information please contact the United Way of Kershaw County at (803) 432-0951, uwkc@truvista.net or visit our website www.uwkc.net

KershawHealth Springdale 5k at Sunset

Event 5K Walk 5K Run RACE DAY AGE

Name _____ Male Female

Address _____ City _____

State _____ ZIP _____

Phone _____ Emergency Contact _____

T-Shirt Size S M L XL

Waiver: I, the undersigned applicant, for and in consideration of the benefits derived by participation in the Springdale 5K at Sunset, do hereby release and forever discharge the United Way of Kershaw County, its agents, staff, sponsors and representatives from and against any and all liability and responsibility for any injury, illness or sickness which may result from participation in the Springdale 5K at Sunset Race or general recreation and do hereby further agree to indemnify and hold harmless the United Way of Kershaw County, its agents, sponsors, and employees.

Date _____ Signature of participant or guardian if under the age of 18 _____

