Red Shoe Run

Formerly known as "Red Nose Run".

Saturday, January 26, 2013
Colonial Life Arena
10K: 7:30 a.m. and 5K: 7:45 a.m.

Benefiting
Ronald McDonald House Charities of Columbia, SC

Please make checks payable to RMHC of Columbia and mail to:
Red Shoe Run
Strictly Running
736 Harden Street, Columbia, SC 29205
803.254.0118

Online registration is available until Noon on January 25th at **www.strictlyrunning.com**.

PLEASE CHECK

10K Run	_____	$25	_____	$30.00 (After Jan. 5, 2013)	_____	$35 on Race Day
5K Run/Walk	_____	$20	_____	$25.00 (After Jan. 5, 2013)	_____	$30 on Race Day

TOTAL $_____

Name _____

Address _____
Street *City* *State* *Zip*

Phone Number _____ E-mail Address _____

Date of Birth _____ Age _____ Shirt Size S M L XL
Circle one.

Only entrants who are registered by January 1, 2013 are guaranteed a shirt.
Shirts will be distributed on a first come, first serve basis to entrants who register after January 1, 2013.

I know that running in a road race is a potentially hazardous activity and I should not run unless I am medically able. Having read this statement I release the Colonial Life Arena, Strictly Running and RMHC of Columbia and/or its partners, agents, volunteers, representatives and sponsors responsible for any claims in liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion picture recordings or any other record of this event for any legitimate purpose.

Signature of Responsible Party _____ **Date**_____

Signature if Entrant is under 18 years of age _____ **Date**_____