



5k & 2k Trail Race, Kids Reindeer Games & 400 meter Run Dec. 2, 2017

Location: Heathwood Hall Episcopal School
3000 S. Beltline Blvd. Columbia, SC, 29201

Events/Time:

- **5K Trail Run** (6 yrs. & up): 8:30 a.m. \$30
- **Prize Money - top Male and Female Runners!**
- **2K Trail Run** (7-14 yrs.): 9:30 a.m. \$25
- **Team Race - 5K and 2k** (3 members, any age or sex)
Please Indicate entry here for 5k OR 2k and team name on
Registration Form below. Team fee \$65
Family of Four fee \$95 (separate registration form for each)
- **Kid's Reindeer Games and 400m run** (Age group races up to 4th grade yr) \$20 Games begin at 9:00
a.m. \$20
- **Awards Ceremony:** 10:00 a.m.
- Awards to top Male and Female, top 3 in each age group category
- Awards to top three teams
- Prizes/Awards for Best Costume, Adult, Youth and Children
Top three in each category
- **T-Shirt:** Adult and Youth sizes.

Registration: Online @ www.strictlyrunning.com,

OR registration form below.

Deadline for guaranteed T-shirt Nov. 20th. Day of registration begins 6:45am. Packets available for pick up at
Strictly Running on Friday, December 1st

Race Day Registration \$35 or \$25 for youth races

Awards: 5k for the top overall winners (male and female) and overall masters male and female. (Overall winners are not eligible for age group awards.) 5K Age Group categories male and female– 6-9; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 & over...

2K Male and Female overall Winner; Age groups male and female 7-10; 11-14

2017 Heathwood Hall Deck the Hall 2K and 5K Trail Race Registration

Please copy this form as many times as needed. each runner or walker must have his/her separate information included below

Name: _____ age on race day: _____

DOB: ____/____/____ gender: _____

Address: _____ City/State: _____ Zip: _____

Telephone: _____ Email: _____

- **5K Trail Run** (6 yrs. & up): 8:30 a.m. \$30 _____
- **2K Trail Run** (7-14 yrs.): 9:30 a.m. \$25 _____
- **Team Race - 5K and 2k** (3 members, any age or sex) \$65 _____
Please Indicate entry here for 5k _____ OR 2k _____

Team Name: _____

- **Kid's Reindeer Games and 400m run** on Track (3-5 yrs.) Games begin at 9:00a.m
- **Ages (3-5)** \$20 _____ **Races by Grade:** Will begin with Kindergarten and run through 4th grade.
Indicate Grade Level Here _____ \$20
- **T-Shirt:** Adult & Youth sizes. Please indicate shirt size below:
- Adult (S, M, L, & XL) _____ Youth (XS, S, M, & L) _____

WAIVER: I KNOW THAT RUNNING [VOLUNTEERING FOR] A ROAD RACE IS POTENTIALLY HAZARDOUS ACTIVITY, WHICH COULD CAUSE INJURY OR DEATH. I WILL NOT ENTER AND PARTICIPATE UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED, AND BY MY SIGNATURE, I CERTIFY THAT I AM MEDICALLY ABLE TO PERFORM THIS EVENT, AND AM IN GOOD HEALTH, AND I AM PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO ANY ASPECT OF MY PARTICIPATION IN THIS EVENT, INCLUDING THE RIGHT OF ANY OFFICIAL TO DENY OR SUSPEND MY PARTICIPATION FOR ANY REASON WHATSOEVER. I ATTEST THAT I HAVE READ THE RULES OF THE RACE AND AGREE TO ABIDE BY THEM. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING IN THIS EVENT, INCLUDING BUT NOT LIMITED TO: FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, AND THE CONDITIONS OF THE CROSS COUNTY COURSE, AND TRAIL AND AREAS WHERE EVENT TAKES PLACE, ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. I UNDERSTAND THAT BICYCLES, SKATEBOARDS, ROLLER SKATES OR ROLLER BLADES, AND ANIMALS, ARE NOT ALLOWED IN THE RACE AND I WILL ABIDE BY ALL RACE RULES. HAVING READ THIS WAIVER AND KNOWING THESE FACTS AND INCONSIDERATION OF YOUR ACCEPTING MY ENTRY, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE HEATHWOOD HALL SCHOOL AND THE SURROUNDING PROPERTIES AND THE CITY OF COLUMBIA AND ALL EVENT 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. I GRANT PERMISSION TO ALL OF THE FOREGOING TO USE MY PHOTOGRAPHS, MOTION PICTURES, RECORDINGS OR ANY OTHER RECORD OF THIS EVENT FOR ANY LEGITIMATE PURPOSE.

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____

Date: _____

Send Entry Form and Check Payable to: Heathwood Hall/Deck the Hall
Attn: Willis Ware, Upper School, 3000 S. Beltline Blvd., Columbia, SC 29201