



Saturday, March 25, 2017



USATF Certified Course, #SC16011DW. A member of the Tour de Columbia, Columbia's Running Club.

Come Walk, Run, Stroll or Roll through the enchanted neighborhoods tucked away in the Old Woodlands and Hamptons subdivisions in Columbia, SC. Starting at Meadowfield Elementary, the fast, fun and challenging 5k will end at Woodland Park where the FUN RUN and PLAY time begin. The Fun Run course wraps through the trails of the park, and rewards all runners with medals and entertainment, with bounce houses, food and fun for the entire family. Proceeds from the event will benefit our neighborhood school, Meadowfield Elementary.

**SATURDAY, MARCH 25, 2017**

7:00 AM Day of Registration /Packet Pick up  
 8:30 AM 5K Run/ Walk  
 9:30 AM Awards  
 9:30 AM Fun Run

**PARTICIPATION FEES:**

5k Run/Walk with T-Shirt: \$25.00  
 5k Run/Walk without T-Shirt: \$20.00  
**Day of Registration: \$35.00**  
 Fun Run: (5-12 yrs) \$10.00

Registration for the 5k Run/Walk or Fun Run includes T-shirt for pre-registered participants only. **Registrations made after March 17th are not guaranteed a race day T-shirt**. Prizes will be awarded for each age group in the 5K Run/Walk. Fun Run participants will receive a T-shirt and Medal.

NAME: \_\_\_\_\_ BIRTHDAY: \_\_\_\_\_ MALE:\_\_\_ FEMALE:\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE:\_\_\_ ZIP CODE \_\_\_\_\_  
 PHONE: \_\_\_\_\_ EMAIL \_\_\_\_\_  
 EMERGENCY CONTACT NAME \_\_\_\_\_ PHONE: \_\_\_\_\_

T-SHIRT SIZE: \_\_\_YS \_\_\_YM \_\_\_YL \_\_\_SM \_\_\_MED \_\_\_LG \_\_\_XL \_\_\_XXL

**REGISTER ONLINE at [STRICTLYRUNNING.COM](http://STRICTLYRUNNING.COM)**

or make checks payable to Meadowfield PTO

mail to:

Meadowfield Elementary School PTO  
 525 Galway Lane, Columbia, SC 29209

**NO REFUNDS. RACE WILL PROCEED RAIN OR SHINE.**

**Waiver:** I, the undersigned applicant, understand that by participation in the Woodlands 5K & Play, do hereby release and forever discharge the Woodlands 5K & Play, Meadowfield Elementary School PTO, its agents, staff, sponsors and volunteers from any and all liability and responsibility for any injury or illness which may result from participation in the Woodlands 5K & Play. I do hereby further agree to indemnify and hold harmless Woodlands 5K & Play and the Meadowfield Elementary School PTO, its agents, staff, sponsors and volunteers from any liability in such regard. I understand that my name and picture may be used for promotional purposes without any compensation to me.

\_\_\_\_\_  
 Participant Signature

\_\_\_\_\_  
 Parent/Guardian Signature

\_\_\_\_\_  
 Date