

Columbia High School's



Race Entry Form

Name: (Please PRINT Legibly)

School Name/Organization (if applicable)

Birthday (ex. 05/25/1983) ____/____/____ **Age on March 10, 2018** _____

(Choose One) Male Female

Street Address _____

City/State/Zip Code _____/____/_____

Phone (____) _____

E-mail Address _____

T-shirt Size (Circle One):

Youth: S M L

Adult: S M L XL XXL (\$2.00 extra)

T-shirts are not guaranteed after February 19, 2018 Register online at www.strictlyrunning.com

To register or donate by mail, mail checks and registration forms to:

Healthy Capital 5K 2515 Devine St, Columbia, SC 29205

Make checks payable to: Columbia High School/Capital 5K

Liability Waiver: In consideration and acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, and assignees, release and discharge all sponsors, their representatives and successors and any individual or group associated with this event 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 person names in this waiver. I grant permission for all the foregoing to use photographs, motion pictures, recordings, verbal or written statements, or any other record of this event for any legitimate purpose.

SIGNATURE

DATE OF BIRTH (EX. 03/21/82)

PARENT'S SIGNATURE (if under 18)

DATE

11th Annual Healthy Capital 5K
Saturday, March 10, 2018
Columbia High School
1701 Westchester Drive
Columbia, SC 29210
8:30 a.m.-Race Start Time
Packet Pickup begins at 7:15 a.m.

If you would like to make a donation: Make checks payable to Columbia High. (All proceeds go to support CHS Athletics and Student Incentive Projects.)

Course Info

5K begins and ends near gymnasium
Parking area at the back of the school
USATF Certified - SC08009BS
Water stop & monitors on the course

Entry Fee

Early Entry Fee—*On or before 2/19/18*

\$15 for Adults

\$10 for Students 10 & under

After 2/19/18 \$20 for Adults

\$10 for Students 10 and under

Race Day Entry Fee: \$25

Age Divisions

10 & under	11-14
15-19	20-24
25-29	30-34
35-39	40-44
45-49	50-54
55-59	60-64
65-69	70+

Prizes & Awards

Cash Prizes awarded to Top Male & Female finishers

Prizes to Top 3 Age Division finishers

Awards ceremony immediately following race near finish area.

Contact Information

Paul Calvert, Athletic Director
Columbia High School
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