

Athlete's Release: I recognize that running a road race is a potentially hazardous activity. I certify that I am in proper condition to participate in the event(s) and assume all risks involved in my participation. In consideration of your acceptance of my entry, I for myself and anyone acting on my behalf waive and release Spring Valley Presbyterian Church, the Road Race committee, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. I also give my permission for the free use of my name & picture in any broadcast, telecast or other written account of this event.

Athlete's Signature

Parent's Signature (if under 18)

NOTE: Athlete's Release must be complete for registration to be valid



All proceeds from these events go to
Central South Carolina Habitat for
Humanity

For questions, contact:

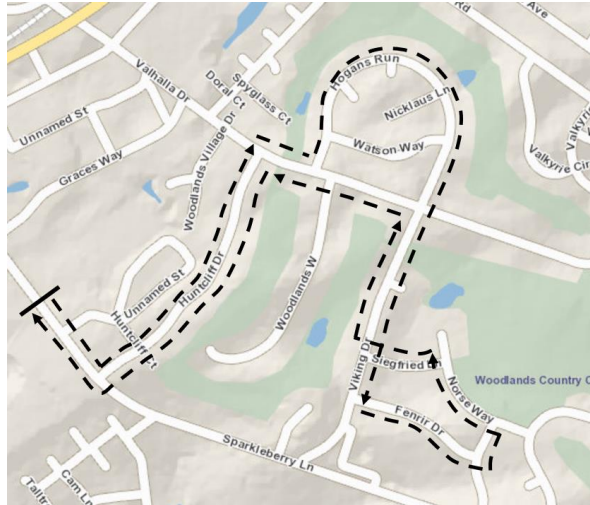
Spring Valley Presbyterian Church
125 Sparkleberry Lane
Columbia, SC 29223
803-788-3589

www.svpc.org

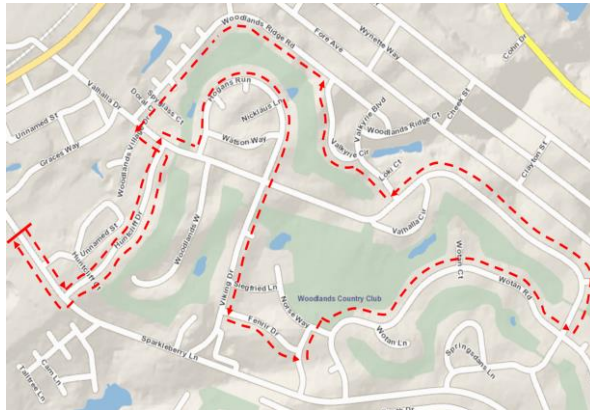


USATF Certified Courses

5K Course #SC90035BS



5 Mile Course #SC12057DW

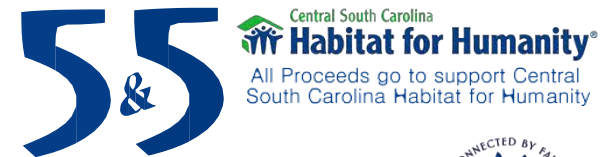


29th Annual Bizarre 5 & 5
Saturday, November 9th, 2019

Where the rubber
meets the road...



Make your footprint count



All Proceeds go to support Central
South Carolina Habitat for Humanity

5K & 5 Mile Races Part of
Tour de Columbia Series



5K Road Race & Walk * 5 Mile Road Race * Saturday November 9th, 2019



The races are **5K or 5 Mile USATF certified courses** over rolling hills in the Woodlands subdivision. Miles are marked and splits are given at the first mile marker. Both races are scheduled to start at **8-AM on November 9th**

Walkers are welcome and will follow the 5K course... starting immediately behind the race starts.

Complimentary finish line photos will be posted available for download after the race from the church's website.

Awards for each Race

Overall male and female winners
Top three male and female by age group
(one award per participant)

1st Place male and female SVPC members

5K Race/Walk - 5 Mile Race (Start Time 8AM)

Early Registration Ends November 1st!

Early registration, LS tech tee	\$25
Early registration, no tee	\$20

November 2nd Until November 9th

Late registration, LS cotton tee	\$30
Late registration, no tee	\$25

Two Ways to Register

- 1) Register online at www.strictlyrunning.com
- 2) Visit www.svpc.org/roadrace to print a registration flyer and mail it to the church along with your check

If registering by mail, make checks payable to SVPC and note Race/Walk in memo line

Mail registration form & check to:
Spring Valley Presbyterian Church
125 Sparkleberry Lane
Columbia, SC 29229

REGISTRATION FORM

(complete one registration per person)

Event (check one) 5K 5 Mile
Age (on 11/9/19)* _____
Gender M F
SVPC Member Y N

**Note: required for age group awards*

Name: _____

Address: _____

Email: _____

Phone: _____

Shirt Size None S M L XL XXL*
(circle shirt size)

**Note: \$2 surcharge applies to XXL and larger sizes*

Sign and return release on other side.