



Kiwaniis
MONCK'S CORNER



35th Annual Run for Thanks

A Palmetto Grand Prix Race

Pinopolis, S.C. • Saturday, November 23, 2019

LOCATION: Village of Pinopolis

EVENTS & TIMES: 5K Run & 5K Health Walk starts at 9:00 am.

REGISTRATION/BAG PICK UP: Trinity Episcopal Church, 1915 Pinopolis Rd., Pinopolis, SC.

AWARDS: Pinopolis United Methodist Church, 1833 Pinopolis Rd., Pinopolis, SC

ENTRY FEE: Runners and Walkers – With shirt \$25, without shirt \$20. Early registrants are guaranteed a shirt, but early registration ends Nov. 8th. Shirts will be given to late registrants while supplies last.

REGISTRATION & INFORMATION: In addition to the entry fee, runners are requested to bring canned goods, which will be distributed to a local food bank. There will be a soup / bake sale/craft bazaar at the finish line at Pinopolis United Methodist Church immediately following the race.

PRIZES: (5K Run only) Overall winners: 1st place male and female- \$50 cash and an official race medal.

Age Group Winners: 1st place and 2nd place males and females will receive an official race medal.

Awards Ceremony and door prizes immediately following the race.

AGE DIVISIONS: Males & Females: 19 & under; 20-29; 30-39; 40-49; 50-59; 60-69; 70+

COURSE DESCRIPTION: USATF Certified, 5K run in historic Village of Pinopolis with views of antebellum homes as well as Lake Moultrie.

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CASH OR CHECKS PAYABLE TO: MONCK'S CORNER KIWANIS CLUB PO BOX 1202 MONCK'S CORNER, SC 29461

Complete the entry form below or Register Online: www.strictlyrunning.com

I will enter (**circle one**): 5K Run or 5K Walk T-Shirt Size (**circle one**): No Shirt S M L XL XXL

Name: _____ Age: _____ Birthdate: _____ Gender: _____

Address: _____

Amount Enclosed: _____ Email: _____

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection may be provided, there will be traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. I hereby release sponsors and officials of the Moncks Corner Kiwanis Club from all claims of injury or damage resulting from participation in the 5K run and the 5K Health Walk. This release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

SIGNATURE _____

PARENT'S SIGNATURE (IF UNDER 18) _____