



34th Annual Run For Thanks

A Palmetto Grand Prix Race

Pinopolis, S.C. • Saturday, November 17, 2018



LOCATION: Village of Pinopolis **REGISTRATION:** Trinity Episcopal Church, 1915 Pinopolis Rd., Pinopolis, SC
AWARDS: Pinopolis United Methodist Church, 1833 Pinopolis Rd., Pinopolis, SC **EVENTS & TIMES:** 5K Run & 5K Health Walk 9:00 am **FACILITIES:** Rest Rooms & Parking at both churches. **Bag pickup will be at Trinity Episcopal at 8 am on the day of the race.**

ENTRY FEE: Runners and Walkers – With shirt \$20, without shirt \$15. Early registrants are guaranteed a shirt, but early registration ends Nov. 6th. 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. Race packets can be picked up race day at the Trinity Episcopal Church. There will be a soup / bake sale at the finish line (Pinopolis United Methodist Church). **PRIZES: (5K run only) Overall winners, male and female:** 1st Place \$100, 2nd Place \$75, 3rd Place \$50.

Masters winners, male and female: \$50 **Age Groups:** *Winners will receive a \$15 Gift Card.* Awards will also be given for 2nd & 3rd place.

Drawing for Door Prizes & Awards Ceremony immediately after the Health Walk

AGE DIVISIONS: Males & Females: Under 13, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

REFRESHMENTS: Water and Gatorade will be available along the course and at the finish.

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

PLEASE MAKE CHECKS PAYABLE TO: MONCKS CORNER KIWANIS CLUB

PO Box 1202•Moncks Corner, S.C. 29461 **Contact: Dean Smith @ 843-761-4185 or Bill Greene @ 843- 813-4395**

FUN WALKERS - Not timed, not given racing numbers and can only qualify for Door Prizes. Leashed & Controlled pets are welcome as well as kids with bicycles and costumes. Kids must be accompanied by a registered adult /parent.

ENTRY FORM or Register Online: www.strictlyrunning.com

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

Name _____ **Age** _____ **Sex** _____ **Birth Date** _____

Emergency Contact & Phone # _____

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 will 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) _____