

Boys & Girls Clubs of the Midlands TURKEY DAY RUN

NOVEMBER 26th, 2009 - COLONIAL LIFE ARENA - RACE BEGINS AT 9:00am

Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Age _____ Birth date: _____

Male _____ Female _____ (Check one)

___ 8K Run- \$20 (\$25 after 11/11, \$30 Race Day)

___ 8K Walk-\$20 (\$25 after 11/11, \$30 Race Day)

___ 3K Run- \$10 (\$15 after 11/11, \$30 Race Day)

___ 8K Run/ Walk Military Staff- \$15 (Pre-registered only)

Adult T-shirt Size: ___S ___M ___L ___XL ___XXL

Pre-registered applications must be postmarked by Nov 6, 2009.

Athlete's Release– In consideration of the acceptance of this entry I hereby, for myself, my heirs, executors, administrators and assigns release and discharge the sponsors and operator's of the Boys & Girls Clubs of the Midlands 8K and/or 3K and agents and employees from any and all claims for damages suffered by me as the result of my participation in or traveling to or from the said event to be held on November 26, 2009. I specifically release and discharge said operators and sponsors from all injuries or damages arising from or contributed to by any physical impairment or defect I May have, whether latent or patent, and I agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in such event the same being my sole responsibility. I also give my permission for the free use of my name and picture in any broadcast, telecast or other written account of the event. I understand that I am voluntarily participating in the Boys & Girls Clubs of the Midlands 8K and/or 3K at my own risk and at my own request. I understand that pets, bicycles, in-line skates, skateboards, and scooters are not permitted..

Athlete's Signature or Parent Signature (if under 18)

Emergency Contact and Phone Number

Race Day Information

The 8K race will begin at 9 a.m. followed by the 3K race. Both will end at the Colonial Center. Refreshments and water stations will be available for all runners. Children are allowed to participate in either race. Family and friends are encouraged to come support and cheer on all the runners.

Registration: To register, complete this form and mail to the address listed or register online at www.strictlyrunning.com. Pre-registration applications must be post-marked by November 11, 2007. Please note that confirmations will not be mailed. Race Day Registration will take place at the Colonial Center from 8:00–8:45 a.m. The race begins at 9:00 a.m. ONLY Pre-registered participants are guaranteed an official race t-shirt.

Packet Pick-Up: Packet pick-up will take place on Tues, Nov 24 and Wed, Nov 25 at Strictly Running, 736 Harden St. from 11 a.m.– 6:00 p.m. Packets will be available from 7:55—8:55 a.m. on race day.

Time and Results: Runners will receive a Champion chip to be attached to the participant's shoe for accurate timing. Please return chips to the designated area at the finish of the race. You will be charged \$30 for any chip not returned. Results will be posted at www.strictlyrunning.com

Awards and Prizes : 8K awards will be given to the first Male and Female overall winner and THE TOP 3 in the following age categories: 14-under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. No double dipping. 3K runners/walkers will receive participation ribbons. 8K COURSE IS USA TRACK & FIELD CERTIFIED visit www.bgcmidlands.org for information or call 803.446.8423.

Make checks payable to:

Boys & Girls Clubs of the Midlands Mail to: Strictly Running, 736 Harden Street, Columbia SC 29205