

# 2008 Jail Break Run Sponsors

Lexington Medical Center

The Little Gym

BankAir

Barnyard Flea Market

Ben Arnold/Sunbelt Beverages

Bi-Lo

Central Electric, Inc.

Chris Harmon, Lexington County Auditor

Columbia Farms

Dam Bar & Grill

Drs. Fann, Stephens & Elliot

Earth Fare

Essex Homes, SE

Irmo Family Practice

Kinetics Personal Training

Lexington Burial Services

Mid-State Auto Auction

Millcreek Animal Hospital

Moe's Southwest Grill

Peake, Fowler & Associates, PA

PocketMD, LLC

Southland Memorial Gardens

Subway of Gilbert

Wiz's Eatery of Batesburg

Lexington County Sheriff's Foundation

2nd Annual



# 5K

## Run/Walk

### Saturday May 24, 2008

*A Columbia Running Club Tour de Columbia Event*

*Sponsored in part by*



**LEXINGTON  
MEDICAL CENTER**

*Your partner for health and wellness®*

# Fun For Everyone!!



The Lexington County Sheriff's Foundation and Lexington Medical Center invite you to join us for a morning of fun and competition at the 2nd Annual Jailbreak 5K Run and Walk. In addition to the 5K event, the 2008 Jailbreak will also include a 1 Mile Family Fun Run, sponsored by The Little Gym of Lexington.

**Date: Saturday, May 24, 2008**

**Where: Lexington County Sheriff's Dept.  
521 Gibson Road • Lexington, SC  
(Call 803-785-8230 for directions)**

**Course: USATF Certificate #SC 07011BS**

### Entry Fee:

<b>Early Bird before 5/9/08</b>	<b>\$20</b>
<b>After 5/9/08 and Race Day</b>	<b>\$25</b>
<b>Family Fun Run</b>	<b>\$10</b>

*5K Walkers and Fun Run Participants Will Not Be Timed*

Fees include t-shirt, however please note that participants registering after May 9, 2008 can not be guaranteed a t-shirt. Entry fees are non-refundable and non-transferable.

### Age Groups

(Male and Female in 5K Run ONLY)

10 & Under	20-24	40-44	60-64
11-13	25-29	45-49	65-69
14-16	30-34	50-54	70 & Over
17-19	35-39	55-59	

Family Fun Run sponsored by



### Early Packet Pick-up

When: **May 21, 22 & 23**

Where: **Strictly Running**  
736 Harden Street,  
Columbia, SC

Time: **12 Noon - 6:30pm**

Phone: **(803) 799-IRUN**

## Race Day Schedule

**6:30 am** Packet pickup and late registration  
**7:45 am** Late Registration Ends for Family Fun Run  
**8:00 am** 1 Mile Family Fun Run  
**8:15 am** Late Registration Ends for 5K  
**8:30 am** 5K Run & Walk

Awards ceremony and celebration immediately following the race.

**For the 5K event only, First Place overall finisher, both male and female, will receive \$100**

**Awards will be given to the top three 5K run finishers in all age groups.**

Overall winners not eligible for age group awards.

- Professionally timed by Strictly Running, iSMB Jude
- Water stops, course monitors, mile markers and traffic control along the course
- Complete results will be posted at: [www.strictlyrunning.com](http://www.strictlyrunning.com)

## QUESTIONS? CALL 803-799-4786



Lexington County Sheriff's Foundation

The Lexington Sheriff's Foundation is a registered non-profit 501(c)3 organization with the mission of improving the quality of life for the citizens of Lexington County and preserving the professional standards and safety of the employees of the Sheriff's Department through active citizen involvement.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Male  Female  Birth date: \_\_\_\_\_

5K Run \$20 with t-shirt by 5/9/08

5K Walk \$20 with t-shirt by 5/9/08

5K Run \$25 with t-shirt after 5/9/08

5K Walk \$25 with t-shirt after 5/9/08

1 Mile Family Fun Run \$10

### T-Shirt Size:

Small  Medium   
 Large  XLarge   
 XXL Large

I would like to donate \$ \_\_\_\_\_ to The Lexington County Sheriff's Foundation

I would like to learn more about the Foundation and how I can become involved.

**WAIVER:** "By signing this entry, I release any and all sponsors or representatives of the race from any claim of liability, illness, damage, or injury suffered by me as a result of participation in or traveling to and from this event. I hereby certify that I am in good health and in sufficient physical shape and condition to complete this event."

Signature (guardian if under 18) \_\_\_\_\_

Register Online: [www.strictlyrunning.com](http://www.strictlyrunning.com) Mail: Strictly Running • 736 Harden Street • Columbia, SC 29205

Please make checks payable to: Lexington Sheriff's Foundation/Jailbreak