

5K (3.1 miles)

A USATAF Event

Member of
Tour de Columbia



9th Annual Resurrection Run 5K and Power Walk



Commemorating the run/walk that Mary, Peter, John and others made to and from the empty tomb of Jesus on Resurrection Day.

Saturday, April 3, 2010 - **Columbia, SC**

Postmark for "Early Registration: \$20 - on or before March 20, 2010. Late registration entry fee \$25; **\$30 – Day of race.**
4801 Forest Dr. Rear Parking Lot. Columbia, SC 29204; Corner of Trenholm Road and County Club Drive.

Same as Cold Winter's Day 5K

Register online at www.active.com

Certified Course – SC 00032BS

SCHEDULE OF EVENTS:

7:30 am	Late registration and packet pickup	1 st overall m/f;
7:45 am	Opening festivities	5-year breakdown,
8:10 am	Aerobics/Warm Up	Masters; 1 st , 2 nd , 3 rd , in each category
8:30 am	Official start of Run/Walk	NO DOUBLE DIPPING -- ONE PRIZE PER WINNER.
9:45 am	Post event awards:	

-----Complete, sign, cut and return form ✂-----

Resurrection Run/Walk 5K Registration Form

Name: _____ Age: _____ M/F _____

email address: _____

Address: _____ City: _____ State: _____ Zip: _____ Phone: _____

Please Circle Event: 5K Run or 5K Power Walk **Circle Shirt Size:** S M L XL 2X(add \$2) 3XL(add \$3)

Entry Fee ...by 3/20 \$20; \$25 late fee; \$30 Day of Race Total enclosed: _____

Please read and sign waiver below before mailing. Make check payable to Resurrection Run, and

Mail to: Resurrection Run, c/o WMWOP, P.O. Box 21067, Columbia, SC 29221

Please sign the waiver below:

Waiver: I know that running or walking in a road race is a potentially hazardous activity. I know that I should not enter and run or walk unless I am medically able and properly trained. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigned, or anyone acting in their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of the course of my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known, or unknown. Applications for minors accepted only with a parent or guardian's signature.

Signature _____ Date _____ Signature _____ Date _____
Parent or guardian signature (If under 18 years)

Amenities:

T-shirts guaranteed to all pre-registered runners. Subject to availability for race day entries. After run or walk, enjoy food and drinks provided by our sponsors. Medical assistance.

Awards:

Awards will be given to age group and overall winners.

Volunteers:

This event cannot go on without volunteers.

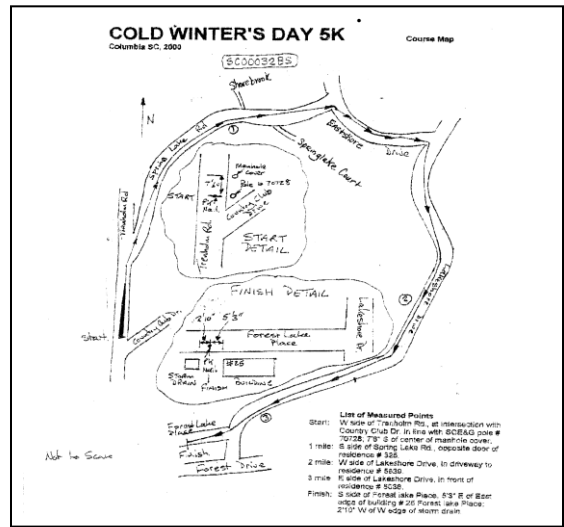
No experience necessary.

Call 803-665-5451.

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 - 1st overall m/f;
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 - Masters; 1st, 2nd, 3rd, in each category

NO DOUBLE DIPPING -- ONE PRIZE PER WINNER.



Resurrection Run is a local benefit for the ministry service and outreach programs for The Widow Project, a ministry program of Women Ministries, Women of Power, Inc., and Life Changing Ministries.

For more information, write to:

womenministries@yahoo.com

or call:

Kay Spann Byrd, at (803) 665-5451, or
Pastor Gert Thompson at (803) 781-0801.