

HAMMER THE HILLS



seventh annual

Central South Carolina

Habitat
for Humanity®

runWALK

Oct. 9

2010

8:00am

START/FINISH at Providence Presbyterian Church
1112 Hummingbird Drive
West Columbia, South Carolina 29169

http://www.providencepresbyterian.net/Habitat/habitat_for_humanity_run.htm

10K RUN, 5K RUN, 5K WALK, YOUTH FUN RUN EVENTS

The seventh annual Habitat for Humanity Run/Walk will start and finish at Providence Presbyterian Church, just off Hwy. 378 in West Columbia, SC. The 10K and 5K races will be run on a USATF-certified course in residential neighborhoods leading out to Hwy. 378, and both are part of the Columbia Running Club's "Tour De Columbia," a series of races to promote running for fun, and to assist the community by raising money for local non-profits. The 5K walk course is the same as the 5K run course and begins shortly after the 10K and 5K running events.

Youth Fun Run — fun for the entire family! Boys and girls ages 3 to 10 can participate in the Youth Fun Run held in the back of Providence Presbyterian Church. All kids entered will receive a commemorative medal upon finishing.

For more information on any of these events, visit our web site: www.ProvidencePresbyterian.net, and click on "2010 Habitat for Humanity Run/Walk." Or e-mail Jennifer Covington, race director, at jcovington@criticalmassofcolumbia.com.

A few features included in this year's events are:

- Water/aid stations at Mile 2 (5K and 10K) and Mile 4 (10K course)
- Split call-outs at Mile 1 (5K and 10K), Mile 3 (10K) and Mile 5 (10K)
- T-shirt and additional giveaways in all packets (guaranteed only for pre-registrants)
- Post-race pancake breakfast and award ceremony
- Awards ceremony at 9:30am in the Fellowship Hall (*Steven Rudnicki as our guest announcer*)
- All run and walk participants will receive a commemorative silicon bracelet

REGISTRATION/PACKET PICK UP

Register by mail with check and this completed application form, **OR**
Register online at www.Active.com

Packet pick-up/register in person at Providence Presbyterian Church:

- Fri., October 8th, 4:30pm – 6:00pm
- Sat., October 9th, 6:30am – 7:30am

EVENT RESULTS Complete results will be posted after the awards ceremony, and online that same afternoon.

AWARDS For the 10K Run and 5K Run, the **top three women and men in each** of the following categories will be awarded:

14 and under	25-29	40-44	55-59	70 and over
15-19	30-34	45-49	60-64	Masters
20-24	35-39	50-54	65-69	

Youth Fun Run finishers will receive commemorative medals, and the first-place for each youth age group will also be awarded during the awards ceremony.

The 10K and 5K runs are proudly touted as one of the most challenging 10K and 5K events in the area. If you're up for an additional challenge, run the 10K with a stroller (containing a child) and there will be a silver sledge hammer award for the first stroller crossing the finish line. We dare you.

100% goes to support the Central South Carolina Habitat for Humanity to build homes in the Cayce/West Columbia area.



Name: _____

Address: _____

City/State/Zip: _____

Age (on race day): _____ Male Female

E-mail: _____

Group Name:* _____

ENTRY AND FEES

- I am entering:
- 10K Run - \$25** up to Oct. 1st, **\$30** after Oct. 1st
 - 5K Run - \$20** up to Oct. 1st, **\$25** after Oct. 1st
 - 5K Walk - \$15** up to Oct. 1st, **\$20** after Oct. 1st
 - Youth Fun Run - \$7** (Mail-in or in-person only. \$8.25 online.)

Group/Family Rates*

- 10K Group Run* - \$20 each** up to Oct. 1st, **\$25** after Oct. 1st
- 5K Group Run* - \$15 each** up to Oct. 1st, **\$20** after Oct. 1st
- 5K Group Walk* - \$10 each** up to Oct. 1st, **\$15** after Oct. 1st

**To qualify as a Group, minimum of FIVE participants. Each participant must turn in a separate registration form with the Group's Name filled out above on each form.*

Adult T-shirt size: Small Medium Large X-Large XX-Large NO T-shirt
Youth T-shirt size: Small Medium Large

Make checks payable to Providence Presbyterian Church, note on your check Habitat Run/Walk.

Mail-in address: Providence Presbyterian Church • 1112 Hummingbird Drive • West Columbia, SC 29169

RACE APPLICATION WAIVER

I know that running/walking 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 there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with participating in this event including, but not limited to, falls, contact with other participants, the affects of the weather and the conditions of the course — all such risks being known and appreciated by me. 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; therefore, 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, assigns, or anyone acting for or on their behalf from any and all claims or liability for death or personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, video, motion pictures, recordings or any other record of this event for any purpose. In the event of circumstances beyond the control of the officials of this event, there will be absolutely no refunds. However, there may be compensation for a future event with the Habitat for Humanity Run/Walk. Application for minor accepted only with a parent or guardian signature.

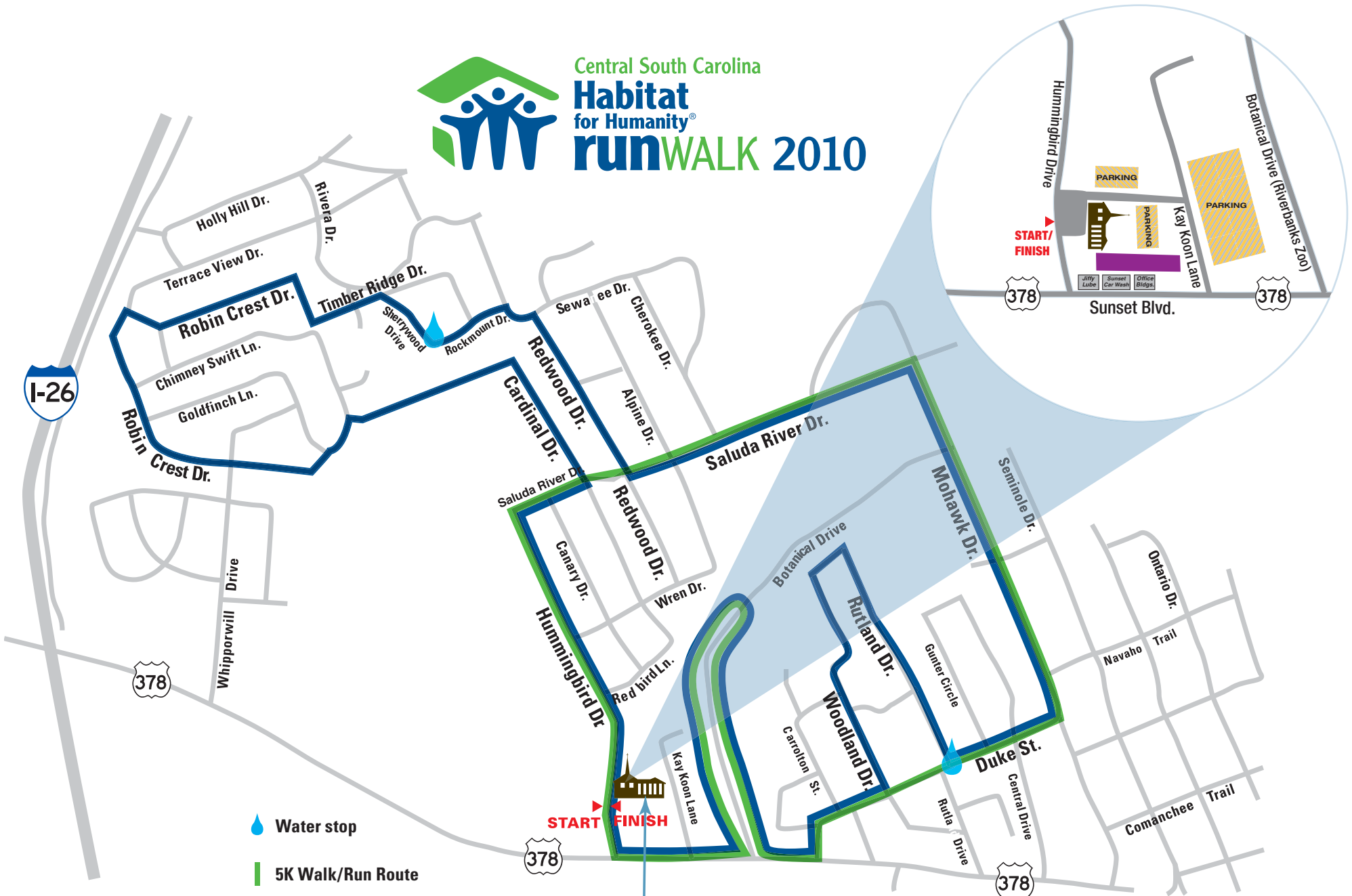
Signed: _____






(Parent or guardian signature if participant is under 18 years of age on the day of this event.)

Date: _____



Central South Carolina
**Habitat
for Humanity®**
runWALK 2010



-  Water stop
-  5K Walk/Run Route
-  10K Run Route
-  Parking
-  Youth Fun Run event



PROVIDENCE
PRESBYTERIAN CHURCH

http://www.mapmyfitness.com/view_route?r=262127394858666898

http://www.mapmyfitness.com/view_route?r=365127394749786424