

**Run with All Your Heart
for the Ronald McDonald House®**

Your participation in the Red Nose Run will help the Ronald McDonald House of Columbia continue to provide affordable, temporary housing to families of critically ill or injured children.

Our House provides a comfortable “home away from home” where families can come rest, enjoy home-cooked meals, meet other families in similar situations and remain near their child that is staying in a nearby hospital. Our House managers and volunteers offer round-the-clock assistance and support. The Columbia House is located on the Palmetto Health Richland campus.

The Ronald McDonald House and the Ronald McDonald Family Room, which is located within the Palmetto Health Children’s Hospital, are the cornerstone programs of the Ronald McDonald House Charities of Columbia. Entry fees from the Red Nose Run help support the needs of more than 350 families each year during a critical time in their lives.

Remember your participation supports:

The House
Where families meet
To continue their lives,
To eat and sleep
To find their strengths
And dry their tear,
To look forward with Hope
To better years.
This is the house
That becomes their home.
This is the
“House that Love Built.”®

Non-Profit Org.
U.S. Postage
P-A-I-D
Permit No. 623

RMHC OF COLUMBIA
2800 Colonial Drive
COLUMBIA, SC 29203

**Ronald McDonald House
Charities of Columbia, SC
Presents the 4th Annual**



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SATURDAY, JANUARY 30, 2010

10K ~ 8:00 a.m.

5K Run/Walk ~ 8:15 a.m.

Proceeds benefit



**Ronald McDonald
House Charities
of Columbia, SC**

Race information

www.strictlyrunning.com
www.coloniallifearena.com

Sponsored by





**February 4-6, 2010
Colonial Life Arena**

Through the mystery of magic and the mastery of skill, audiences will be spellbound as *Ringling Bros. and Barnum & Bailey*® Presents *ZING ZANG ZOOM*®, a thrill-filled, mind-blowing circus spectacular where family fun is no illusion.







For information on tickets and show schedules, visit www.Ringling.com

RACE INFORMATION

Lace up your big floppy clown sneakers, grab your red nose and meet us at Colonial Life Arena for the Fourth Annual Red Nose Run. All races start and end at the Colonial Life Arena.

All Registered Participants Receive:

-  Official Race T-shirt (pre-registered runners are guaranteed a t-shirt, others while supplies last)
-  Running discount coupons
-  A *Ringling Bros.*® nose and other merchandise
-  Lots of food and fun!!!

Chip transmitter available the morning of race. Lost or not returned transmitters will be replaced at the runners expense.

**Packet Pickup at Strictly Running
Jan. 28 - Jan. 29, 2010
11:00 a.m.- 6:00 p.m.**

Race Day registration and packet pick up will be at Colonial Life Arena from 6:45 a.m. to 7:30 a.m.

**Race Course information available at
www.strictlyrunning.com.**

RED NOSE RUN ENTRY FORM Saturday, January 30, 2010

Make checks payable to RMHC of Columbia and mail to Strictly Running at 736 Harden Street, Columbia, SC 29205. (Ph: 803.799.4786). You may also turn in entry form and check at the Strictly Running store located on Harden St.

Register online at www.strictlyrunning.com

Please Check One

10k Run _____ \$25.00
 _____ \$30.00 After 1/9/10
 _____ \$35.00 on Race Day

5K Run/Walk _____ \$20.00
 _____ \$25.00 After 1/9/10
 _____ \$30.00 on Race Day

TOTAL \$ _____

Shirt Size Circle One: S M L XL
(only pre-registered runners are guaranteed a t-shirt)

Name _____

Address _____

City _____ St _____ Zip _____

Daytime telephone _____

E-Mail Address _____

Age _____

I know that running/walking a road race is potentially a hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with participating in this event but not limited to fall, contact with other participants, the effects of weather, including high heat and or low humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting my entry. I for myself and anyone else entitles on my behalf, waive and release Strictly Running, Ronald McDonald House Charities, Ringling Bros. and Barnum & Bailey, Feld Entertainment, Inc. and all sponsors, their representatives and successors from all claim in liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion picture recording or any other record of this event for any legitimate purpose

Signature _____

Date _____

Signature of Parent/Guardian in entrant is under 18 _____

Date _____