

9th Annual

Run Wild 5K

At Sesqui State Park

August 28, 2010

The 9th annual Run Wild 5K is a fund-raising event planned by the RNE Boy's and Girl's Cross Country Teams. For the fourth year, following the open race for men and women, you will have the opportunity to see some of the state's top high school athletes compete in the **Run Wild Cross Country Festival Invitational**. The 5K run is also part of the five-race Carolina Trail Championship Series. For more info, see http://www.rnh.richland2.org/~gbelka/Cross%20Country%20Webpage/CTCS_main_page.html.

Events Schedule

Packet Pick-up & Race-day Registration	7:00 am
Open 5K Race & Walk	8:00 am
Kid's Fun Run	8:45 am
Open 5K Awards	9:00 am
High School Invitational	9:30-12 noon

Open 5K Run Awards & Age Groups

Cash Awards will be presented to the 1st, 2nd & 3rd overall Male and Female, and 1st Overall Male and Female Masters winners.

Age Groups Awards will be presented to the top three finishers in each age category: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.

Teams will be awarded medals based on traditional cross country meet scoring.

All runners will be eligible for *Tour de Columbia* points.

All registered 5K Run & Walk participants will be eligible for terrific door prizes.

Driving Directions

From I-20: take exit 74, turn left onto Hwy 1 (Two Notch Road), travel 3 mi, park will be on the right.

From I-77: take the Hwy 1 (Two Notch Road) exit, go N on Hwy 1 for 1.5 mi. Park will be on the right.

Registration Fees

Save \$2.50 on mail-in fees below

by registering online @ **StrictlyRunning.com**

Event	By 8/17	Race Day	No T-shirt option
5K Run/Walk	\$25	\$30	\$20/25
5K Run *(Team)	\$20	\$25	\$15/20
Kids Fun Run	\$10	\$12	NA

All **pre-registered** participants are guaranteed a T-shirt.

*Teams may be composed of 5-7 members. Complete one separate entry for each member and enclose all entries in one package.

The \$2.00 park entry fee for those 16 and over will be covered for participating athletes. All others should be prepared to pay at the gate.

Contact Information

For additional information, call Ginger Belka, Head Cross Country Coach at RNHS @ 803-556-6295 or email gbelka@richland2.org or visit the race website @ <http://www.rnh.richland2.org/~gbelka/Cross%20Country%20Webpage/RunWild.html>

Run Wild 5K Run Entry Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____ Male _____ Female _____

Email Address: _____

Age race day _____ Date of Birth ____/____/____

Team Member Yes _____ No _____

Team Name _____ Number of Members _____

T-Shirt Size: Youth ___M___L___
Adult ___S___M___L___XL___XXL (\$2.00 extra)

Event: 5k Run _____ Kids' Fun Run _____

Emergency Contact: _____ Phone () _____

Athlete's Signature: _____
(Parent's Signature required if runner is under 18 yrs. of age)

I understand that running or walking in this event is a potentially hazardous activity. In consideration of your acceptance of my entry, I, for myself (my child) and anyone acting on my behalf, waive, release, and hold harmless, all sponsors, officials, volunteers, and their representatives, and successors of the Run Wild 5K and Sesqui State Park from any and all claims of injury or liability of any kind resulting from my (my child's) participation in this event. I realize that this is a strenuous event that requires proper physical conditioning for participation. I hereby certify that I (my child) am /is in such physical condition.

THINK GREEN!

Save \$2.50 by registering online
@ **StrictlyRunning.com**

OR

Make checks payable to:
Richland Northeast High

Mail Check and application to:
Attn: Ginger Belka
7500 Brookfield Rd
Columbia, SC 29223

(early entries must be received by 8/17)