

# 2011 RRCA SC State Cross Country Championship

## Resolution Run 10K

**At Sesqui State Park**

**January 8, 2011**

The **2nd Annual Resolution Run 10K** is a fund-raising event planned by the Richland Northeast Cross Country and Track Teams. Chosen as the Road Runners Club of America SC Cross Country Championship race for 2011, the race will take place on the 10K off-road bike trail at Sesquicentennial State Park in Columbia. The Resolution Run is also part of a new five-race trail series called the **Carolina Trail Championship Series**.

### Events Schedule

Packet Pick-up & Race-day Registration	8:00 am
10K Run	9:00 am
3.5 mi Walk	9:05 am
10K Awards	10:20 am

### Open 10K 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.

**State Championship Plaques** will be presented to Male & Female Open, Masters, Grand Masters and Senior Grand 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+.

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

All registered 10K Run and 3.5mi 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](http://StrictlyRunning.com)

Event	By 12/31	Race Day	No T-shirt option
10K Run	\$25	\$30	\$20/25
10K Student fee	\$15	\$20	\$10/15
3.5 Mile Walk	\$20	\$25	\$15/20

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

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, email [gbelka@richland2.org](mailto:gbelka@richland2.org) or visit our website @ [www.rnh.richland2.org/~gbelka/Resolution\\_Run.html](http://www.rnh.richland2.org/~gbelka/Resolution_Run.html).

For more information about the exciting new **Carolina Trail Championship Series**, visit [www.rnh.richland2.org/~gbelka/CTCS.html](http://www.rnh.richland2.org/~gbelka/CTCS.html). For more information regarding the **Road Runners Club of America**, visit [www.rrca.org](http://www.rrca.org).

### Resolution 10K Run Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Email Address: \_\_\_\_\_

Age race day \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

T-Shirt Size: Adult \_\_\_S\_\_\_M\_\_\_L\_\_\_XL\_\_\_XXL (\$2.00 extra)

Event: 10K Run \_\_\_\_\_ 10K Run (student) \_\_\_\_\_ 3.5 mi Walk \_\_\_\_\_

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 Resolution Run 10K 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](http://StrictlyRunning.com)

### OR

Make checks payable to:  
*RNE Athletic Booster Club*

Mail Check and application to:  
*Attn: Ginger Belka  
16 Lake Court  
Columbia, SC 29206*

**(early entries must be received by 12/31)**