

2011 Sponsors



South Carolina



2011 In-Kind Sponsors



HAMMER THE HILLS



eighth annual  
Central South Carolina

Habitat  
for Humanity®

runWALK

Oct. 8  
2011  
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](http://www.providencepresbyterian.net/Habitat/habitat_for_humanity_run.htm)

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

The eighth 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 immediately behind the 10K and 5K running events.

**Youth Fun Run** — fun for the entire family! Boys and girls ages 4 through 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.*

### 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 courses), Mile 3 (10K course) and Mile 5 (10K course)
- Gear bag/backpack 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 — gold sledge hammers and other tools

### REGISTRATION/PACKET PICK UP

**Register by mail** with check and this completed application form,  
**OR** register online at [www.Active.com](http://www.Active.com). For registration fees, refer to chart on opposite page. —>

### Packet pick-up/late registration at Providence Presbyterian Church:

- Friday, October 7th, 4:30pm – 6:00pm
- Saturday, October 8th, 6:00am – 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	70-74	Masters
15-19	30-34	45-49	60-64	75-79	
20-24	35-39	50-54	65-69	80 and over	

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.

### For more information, visit our web site:

[http://www.providencepresbyterian.net/Habitat/habitat\\_for\\_humanity\\_run.htm](http://www.providencepresbyterian.net/Habitat/habitat_for_humanity_run.htm)

Or e-mail Jennifer Covington, race director, at [jcovington@criticalmassofcolumbia.com](mailto:jcovington@criticalmassofcolumbia.com)

**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: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age (on race day): \_\_\_\_\_  Male  Female

E-mail: \_\_\_\_\_

Group Name:\* \_\_\_\_\_

### ENTRY AND FEES — *I am entering:*

EVENT	Up to Sept. 2*	Up to Oct. 6*	At Packet Pickup and Race-Day Registration
<input type="checkbox"/> 10K Run	\$24	\$30	\$35
<input type="checkbox"/> 5K Run	\$19	\$25	\$30
<input type="checkbox"/> 5K Walk	\$14	\$20	\$25
<input type="checkbox"/> Youth Fun Run	\$10	\$10	\$10
Group/Family Rates**	Up to Sept. 2*	Up to Oct. 6*	At Packet Pickup and Race-Day Registration
<input type="checkbox"/> 10K Group Run*	\$19 each	\$25 each	\$30 each
<input type="checkbox"/> 5K Group Run*	\$14 each	\$20 each	\$25 each
<input type="checkbox"/> 5K Group Walk*	\$9 each	\$15 each	\$20 each

\*Postmarked by this date.

\*\*To qualify for the group/family rate, there is a minimum of FIVE participants. Each participant must turn in a separate registration form with the group/family name indicated above.

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 my 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 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: \_\_\_\_\_