

**5K (3.1 miles)**

**A USATAF Event**

Member of  
Tour de Columbia



# 10th Annual Resurrection Run 5K and Power Walk



Commemorating the run/walk that Mary, Peter, John and others made to and from the empty tomb of Jesus on Resurrection Day, and providing service, ministry and outreach for widows.

Saturday, April 23, 2011 - **Columbia, SC**

Postmark for "Early Registration: \$20 - on or before April 9, 2011. Late registration entry fee \$25; \$30 – Day of race fee.

**Race Location: Same as Cold Winter's Day 5K**

**Register online at [www.active.com](http://www.active.com)**

Certified Course – SC 00032BS

### SCHEDULE OF EVENTS:

7:30 am	Late registration and packet pickup	1 <sup>st</sup> overall m/f;
7:45 am	Opening festivities	5-year breakdown,
8:10 am	Aerobics/Warm Up	Masters; 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , in each category
8:30 am	Official start of Run/Walk	<b>NO DOUBLE DIPPING -- ONE PRIZE PER WINNER.</b>
9:45 am	Post event awards:	

-----Complete, sign, cut and return form ✂-----

### **Resurrection Run/Walk 5K Registration Form**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ M/F \_\_\_\_\_

email address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

**Please Circle Event:** 5K Run or 5K Power Walk **Circle Shirt Size:** S M L XL 2X(add \$2) 3XL(add \$3)

**Entry Fee ...by 4/9**  \$20;  \$25 after 4/09;  \$30 Day of Race **Total enclosed:** \_\_\_\_\_

**Please read and sign waiver below before mailing. Make check payable to Resurrection Run, and**

**Mail to: Resurrection Run, c/o ATC Life Changing Ministries, PO Box 21067, Columbia, SC 29221**

**Please sign the waiver below:**

Waiver: I know that running or walking in a road race is a potentially hazardous activity. I know that I should not enter and run or walk unless I am medically able and properly trained. 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, and 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, assigned, or anyone acting in their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of the course of my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known, or unknown. I also agree for use of my photo in race promotions. Applications for minors accepted only with a parent or guardian's signature.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent or guardian signature (If under 18 years)

**Amenities:**

T-shirts guaranteed to all pre-registered runners. Subject to availability for race day entries. After run or walk, enjoy food and drinks provided by our sponsors. Medical assistance.

**Awards:**

Awards will be given to age group and overall winners.

**Volunteers:**

**This event cannot go on without volunteers.**

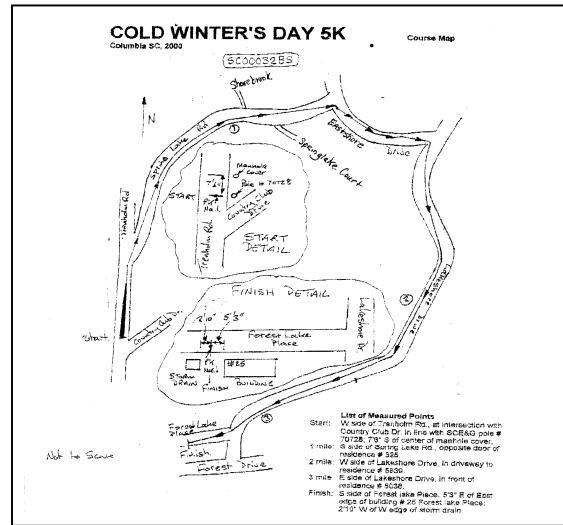
**No experience necessary.**

**Call 803-665-5451 or 781-0801.**

**SCHEDULE OF EVENTS:**

- 7:00 am Late registration and packet pickup
- 7:45 am Opening festivities
- 8:10 am Aerobics/Warm Up
- 8:30 am Official start of Run/Walk
- 9:45 am Post event awards:
  - 1<sup>st</sup> overall m/f;
  - 5-year breakdown,
  - Masters; 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, in each category

**NO DOUBLE DIPPING -- ONE PRIZE PER WINNER.**



Resurrection Run is a local benefit for ministry service and outreach programs for widows.

For more information, write to: [womenministries@yahoo.com](mailto:womenministries@yahoo.com) or call: Gert Thompson, (803) 781-0801 or Kay Spann Byrd, (803) 665-5451.