

Welcome Participants

Going the Extra Mile 5K is the annual fundraiser for ACTS Metro, a community outreach organization. ACTS Metro adopts families from our local schools and provides them with food, after school snacks, basic necessities, a personal mentor, job mentoring, prayer, and love. ACTS Metro has expanded its program to adopt homeless families within our community.

All proceeds benefit ACTS Metro 501(c) (3), an organization that assists those struggling within our community.

Waiver and Release:

By signing this entry, I release East Lake Community Church, ACTS Metro, Harbison West Elementary, and Quail Valley from any claim of liability, illness, damage, or injury suffered by me as a result of participation in, or traveling to and from this event. I understand that running or walking a road race is a potentially hazardous activity unless I am medically able and properly trained. I hereby certify that I am in such physical condition and in good health. I also give permission for free use of my name and picture in any account, broadcast, or telecast of this event.

Name _____

Parent/Guardian _____
(if under 18)

Date _____

Early Packet Pickup

May 20th

4:00 p.m.- 7:00 p.m.
10057 Broad River Rd, Irmo, SC 29063
East Lake Community Church

Registration & Packet Pickup

at Race – May 21st

begins at 7:30 a.m.



going the
extra mile **5k**

Presented by:

Palmetto Payroll Solutions
and
Special Care Medical of SC, Inc.

Race Date:

May 21, 2011

Pre-Registration Begins:

March 1, 2011

Location:

Harbison West Elementary
257 Crossbow Drive
Columbia, SC 29212

Cash Prizes

Certification # SC10002BS

www.strictlyrunning.com

www.GEM5K.com

Race Course:

This is a certified race in the Quail Valley area in Columbia, course number SC10002BS.

The race begins at Harbison West Elementary, 257 Crossbow Drive, Columbia, SC 29212 (near Columbiana Mall)

Timing and Scoring:

Chip timing will be used for scoring. The top runners will be recognized at our awards ceremony following the race. The timing scores will be online at www.strictlyrunning.com following the race.

Prizes:

Overall Male & Female \$100
Runnerup Male & Female
Top Male & Female Master Winners
Top Fundraiser

Top three male and female awards of each age category:
10 and under, 11-14, 15-19,
20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64,
65-69, 70 and up.

Date, Times and Fees

Date of Race - May 21st
Runners Start - 8:30 a.m.
Walkers Start - 8:35 a.m.
Race Fee - \$30
Late Registration - \$40
Early Registration Begins - March 1st
Late Registration Begins - May 12th

Registration Form

Please complete one form for each participant. Children 6 and below walk for free, however, there is a charge for the t-shirt.

Register online at www.GEM5K.com.

Name _____ Gender _____

DOB _____ Age _____

Address _____

E-mail _____ Phone _____

Walk Run

Children

- 15-19 years old
 11-14 years old
 10 years old and under

Fees

Registration without shirt		\$25
Before May 12th Pre-registration fee		\$30
After May 12th Late registration fee		\$40
XXL T-shirts (additional \$3)	\$ _____	
Check Total	\$ _____	

Make checks payable to ACTS Metro. Please be sure to include the Registration Form and sign the waiver on the back of this form. Mail to ACTS Metro, 121 Hunters Village, Ste. E, Irmo, SC 29063.

T-shirt sizes:

- Youth S Adult S Adult XL
 Youth M Adult M Adult XXL
 Youth L Adult L

OUTREACH ★ EVENT ★

Come support our participants and cheer them on at our ACTS Metro Community Outreach Event.

There is no entry fee, but donations are accepted to support the outreach efforts of ACTS Metro.

Please join us for
PIE IN THE FACE CONTEST
CAKE WALK
PRIZES
AND MORE!

For more information about ACTS Metro, please go to www.ACTSMetro.org.