



5 K Run / Walk

Saturday, October 9, 2010, 9:00 AM
NATURE CENTER (Near Fripp Bridge)

HUNTING ISLAND STATE PARK

Run will continue as scheduled RAIN or SHINE.

REGISTRATION DEADLINE

5:00 PM FRIDAY 10-08-10

- The Second Annual 5 K Run is scheduled for Saturday, October 9th, at 9:00 a.m. The course is along the Lagoon on the resurfaced shell/sand trails. This is a flat trail through the beautiful maritime forest.
- Registration is \$25 for 5K and \$15 for walk and must be paid in advance by check or on line by credit card. Group rates (10 or more participants \$20 each paid with one check or charge for the full amount in advance.) Each runner is required to fill out and sign a registration form.
- The registration fee includes a T-shirt for the first 200 runners.
- Runners can pick up their race packets at the Hunting Nature Center (near Fripp Bridge) on the day of the race Saturday October 9th, from 8:00 a.m. until 8:45 a.m.
- Awards ceremony will be at the Nature Center.
- Chip Timing by **Play Hard Event Timing**.
www.playhardeventtiming.com

5 K Run Age Divisions – Male & Female

6-12	30-39
13-17	40-49
18-29	50-59
	60+

REGISTRATION 5 K RUN / WALK

SATURDAY, OCTOBER 9, 2010, 9:00 AM
NATURE CENTER
HUNTING ISLAND STATE PARK

PLEASE RETURN COMPLETED APPLICATION
AND CHECK TO:

Friends of Hunting Island
Attn: 5K Registration
Tom Valentino
31 Petigru Drive
Beaufort, SC 29902

Phone: (843) 379-4895 or (912) 667-3774

Fax: (843) 379-4896 E-mail: valbox@hargray.com

or

REGISTER ONLINE by CREDIT CARD

MAIL FORM TO TOM AT ABOVE ADDRESS

Download additional forms and register online at:

www.friends-of-hunting-island-sc.org

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP _____

PHONE: _____ E-MAIL: _____

AGE (on 10/09/10) _____ MALE _____ FEMALE _____

SHIRT: ADULT: S ___ M ___ L ___ XL ___

**INCLUDE CHECK TO FRIENDS OF HUNTING ISLAND
\$25 for 5k Run or \$15 for WALK REGISTRATION**

LIABILITY WAIVER AND RELEASE

In consideration of acceptance of the entry, I, for myself, my heirs and assigns, release the sponsors and officials of the *Friends of Hunting Island 5K Run* from any and all liability arising from illness as a result of participation in such event. I attest that I am physically fit and have sufficiently trained for this event, and am aware that participation in this event could, in some circumstances, result in severe soreness or injury. I also give permission for free use of my name and picture in any broadcast, telecast, or written account of this event. **I understand the entry fee I pay is non-refundable.** Should event officials determine that completion of the event would in any way be harmful to my health, I consent to be removed from the course. **Should the race be canceled for any reason, T-Shirts will be mailed to entrants in lieu of a refund.**

Signature: _____