



An 8K Run & 5K Family Fun Walk to preserve and improve water quality in the Charleston area.

Saturday • February 20th, 2010 • 9:00 am

Folly Beach, South Carolina

All proceeds from this race will be donated to a local non-profit promoting water quality.

Registration

Received before February 20th 2010:

8K Run - \$20.00, 5K Walk - \$15.00

Received on/after February 20th, 2010:

8K Run - \$25.00, 5K Walk - \$20.00

T-shirts for race day registrations available while supplies last.

Race Packets and T-Shirts

Race packets and T-shirts may be picked up on Race Day starting at 7:45 am at the registration tables located near the Folly Fishing Pier on Center Street. If no shirt size was marked, a large will be given. Food and beverages provided for all registered participants.

Schedule of Events

8:00am Late Registration

9:00am 8K run; Timed event

9:00am 5K walk; Untimed event

9:00am Silent Auction Opens

10:30am Award Ceremony

Course

All race events start and finish in front of the Holiday Inn on Center Street. Race monitors will be at each turn. USA T & F certified.

Awards

8K Road Race awards to top overall M/F winners. Age group awards to top 3 M/F in each division, 17 and under, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+.

Rain

Due to scheduling and course permits, the race is **RAIN OR SHINE!** No refunds. No exceptions.

Questions?

Contact Race Director:
Stefanie Simpson (803)979-0878
Stefanie.simpson@gmail.com

Please make your check payable to MESSA. Mail application to MESSA – 39 Montagu St. Apt. C., Charleston, SC 29401

Please Print Clearly

First Name _____ Last Name _____ Age _____ Expected Time _____

Address _____ Sex _____ Date of Birth _____ 8K Run _____ or 5K Walk _____

City _____ State _____ Zip _____ Circle T-Shirt Size: S M L XL

Daytime Phone Number _____ Evening Phone Number _____

Email _____ Where did you see this flyer? _____

Liability Waiver and Release

In consideration for the acceptance of entry, I for myself, my heirs, and assigns, hereby release the sponsors, race workers and officials for this race from an and all liability arising from illness, injuries, and damages I may suffer 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 any of these events could, in some circumstances, result in severe physical 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 that the entry fee I pay is NON-REFUNDABLE. Should road race officials determine that completion of this event would be injurious to my health, I consent to be removed from the course and treated by the physician in attendance or of their discretion. Should the race be canceled for any reason, T-shirts will be mailed to all entrants in lieu of a refund.

Signature of Participant (Parent/Guardian If under 18) _____ Date _____

Or register online at www.active.com!