

REGISTRATION INFORMATION

PUT ON YOUR LEG WARMERS, WEAR YOUR NEON COLORS, MAKE YOUR HAIR DEFY GRAVITY AND DRESS IN YOUR BEST 80'S GIT UP. THERE ARE PRIZES FOR THE TOP 3 BEST DRESSED!

FAST AND EASY REGISTRATION ONLINE AT STRICTLYRUNNING.COM

OR

MAIL REGISTRATION FORM TO:
STRICTLY RUNNING
736 HARDEN ST.
COLUMBIA, SC 29205

CHECK PAYABLE TO: SJN SCHOOL

FEES:

REGISTRATION FEES ARE \$25 FOR ADULTS (\$30 AFTER NOVEMBER 1ST) AND \$15 (\$20 AFTER NOVEMBER 1ST) FOR CHILDREN RUNNING IN THE KIDS FUN RUN.

PACKET PICK-UP:

THE WEEK BEFORE THE RACE:
PICK UP AT STRICTLY RUNNING
ON HARDEN ST. WED, THURS & FRI
11:00 AM – 6:30 PM

RACE DAY: REGISTRATION STARTS AT
1:00 PM

T-SHIRTS FOR PARTICIPANTS:
PARTICIPANTS WILL RECEIVE A LONG SLEEVE T-SHIRT. PLEASE MAKE SURE TO CHECK OFF THE CORRECT SIZE. YOU MUST REGISTER BEFORE NOVEMBER 1ST TO GUARANTEE T-SHIRT.

REGISTRATION FORM

EVENT	FEE
— 5K RUN	\$25 (BY 11/1)/\$30
— 5K WALK	\$25 (BY 11/1)/\$30
— KIDS FUN RUN	\$15 (BY 11/1)/\$20

T-SHIRT SIZE

ADULT: ___ SM ___ M ___ L ___ XL
KIDS: ___ YSM ___ YM ___ YL

PARTICIPANT NAME

ADDRESS

CITY, STATE, ZIP

EMAIL ADDRESS

AGE

SEX (M/F)

The above named RACE PARTICIPANT, hereafter referred to as PARTICIPANT, agrees to defend, protect, indemnify and hold harmless Saint John Neumann School and the Diocese of Charleston against and from all claims arising from the negligence or fault of the above named PARTICIPANT or any of their agents, family members, officers, volunteers, helpers, partners, organizational members or associates which arise out of the Saint John Neumann 5k Race / Walk.

Additionally, the above named PARTICIPANT agrees to protect, defend, hold harmless and fully indemnify the above named Saint John Neumann School and the Diocese of Charleston for any claim or cause of action whatsoever arising out of the above mentioned EVENT which takes place on November 15, 2009 that is brought against the Saint John Neumann School and The Diocese of Charleston by the above named PARTICIPANT or their family members whether such claim arises from the alleged negligence of the Saint John Neumann School, its employees or agents or PARTICIPANT 'S negligence. If any portion of this agreement is held invalid, it is agreed that the balance thereof, shall continue in full legal force and effect.

I know that running a road race is a potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform in this event, and am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation for any reason whatsoever. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or track, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release St. John Neumann Parish & School and the Diocese of Charleston, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Photographs & Press Release: I grant permission to all of the foregoing to use my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

General Race Rules: I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

SIGNATURE: _____

DATE: _____

CHILDREN'S WAIVER

Participant's name: _____

Parent/guardian's name: _____

I, _____, grant permission for my child,

to participate in the St. John Neumann 5k Run/Walk and/or Kids Races on November 15th at Sesquicentennial Park. This activity will take place under the guidance and direction of St. John Neumann Parish & School and/or volunteers from St. John Neumann parish & School.

As a parent and/or legal guardian, I remain legally responsible for any personal actions taken by the above named minor ("participant").

I agree on behalf of myself, my child named herein, or our heirs, successors, and assigns, to hold harmless and defend St. John Neumann Parish & School, its officers, directors, and agents, and the Diocese of Charleston, coaches, chaperons or representatives associated with the event, arising from or in connection therewith, and I agree to compensate St. John Neumann Parish & School, its officers, directors and agents and the Diocese of Charleston, coaches, chaperons, or representatives associated with the activity for reasonable attorney fees and expenses arising in connection therewith.

I know that running a road race is a potentially hazardous activity. I know that my child should not enter and run unless medically able and properly trained. I agree to abide by any decision of a race official relative to my child's ability to safely complete the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road or track, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in act on my behalf, or my child's behalf waive and release St. John Neumann Parish & School and its officers, directors, agents and the Diocese of Charleston, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of negligence or carelessness on the part of the persons named in this waiver. I further authorize and empower the event director to consent to and authorize any medical care or treatment for the minor which may appear reasonably necessary as a result of emergency, accident or illness of the minor whether occurring before, during, or after the event.

MEDICAL MATTERS: I hereby warrant that to the best of my knowledge, my child is in good health, and I assume all responsibility for the health of my child.

PHOTOGRAPHS & PRESS RELEASE:

I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this for any legitimate purpose.

GENERAL RACE RULES:

I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and radio headsets are not allowed in the race and I will abide by this guideline.

Signature: _____

Date: _____

RACE INFORMATION

JOIN US FOR THE 1ST ANNUAL SAINT JOHN NEUMANN (SJN) CATHOLIC SCHOOL 5K RUN / WALK AND KIDS FUN RUN!

DATE: NOVEMBER 15, 2009
REGISTRATION AT 1:00 PM

TIME: 5K RUN / WALK STARTS @ 3:00
KIDS RUN STARTS @ 4:15

EVENT WILL TAKE PLACE RAIN OR SHINE!

PLACE: SESQUICENTENNIAL STATE PARK
9564 TWO NOTCH RD.
COLUMBIA, SC

COURSE: 5K DIRT ROAD COURSE THROUGH SESQUICENTENNIAL STATE PARK.

AWARDS

ALL PARTICIPANTS WILL RECEIVE A RACE MEDALLION FOR COMPLETING THE RACE.

PRIZES WILL BE AWARDED TO THE TOP THREE BEST DRESSED 80'S PARTICIPANTS.

1ST & 2ND PLACE PRIZES WILL BE AWARDED FOR (MALE AND FEMALE) EACH AGE GROUP.



South Carolina

BlueCross BlueShield of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association



HICKS LAW FIRM

The Law Offices of Noah M. Hicks II, LLC



Southwest Grill



SAINT JOHN NEUMANN CATHOLIC SCHOOL



5K RUN / WALK AND KIDS FUN RUN

SUNDAY, NOVEMBER 15 AT SESQUICENTENNIAL STATE PARK

5K RUN / WALK – 3:00
KIDS RACES – 4:15

YOU ARE INVITED TO JOIN US FOR A ROCKING GOOD TIME AT THE SJN "THE 80'S" AUCTION ON SATURDAY, NOVEMBER 21ST AT 7:00 PM AT SJN SCHOOL
721 POLO ROAD