

Grand Strand Running Club and Coastal Timing

Present the

5th Annual New Year's Day 5K Prediction Run / Walk

Sunday January 1st, 2012- 10:00 AM

PLEASE try to Pre Register online (no charge) by 12/29/11 at www.grandstrandrunner.com or print and complete 1 form for each participant and mail before 12/24/11

Race day registrations will be limited.

Registration & Packet pick-up 9:00 – 9:45AM - Grand Park at Market Common - Myrtle Beach, SC

PRE-Registration Fee - 10 Cans of non perishable goods -

DAY OF RACE REGISTRATION - 15 Cans of non perishable goods

Bring the cans of non-perishables to the run on Jan. 1 and turn them in to get your Bib Number & Chip if used. These donations will be distributed by Helping Hand. Our Goal is 2000 to 3000 cans.

Prizes awarded to the Top male and female that come closest to their predicted time - Plus age group awards (10 year increments – 6 deep) - And Fastest Time of the Day Not-predicted 1 male & 1 female

ABSOLUTELY - NO WATCHES, GPS, OR TIMING AIDS TO HELP AROUND THE COURSE - NO IPODS.

PREDICTION RUN REGISTRATION FORM

First Name: Last Name

Address: City State Zip

Phone Email Address

Age on Race Day: Gender (circle one) M F

T-shirt size (circle one) S M L XL XX (T-shirts not guaranteed)

Grand Strand Running Club Member (circle one) YES NO

What is the time that you predict for this 5k run (3.1 miles) :

Contact information – Dave Hanson - 843-902-5450 - or email at dbhsjh@sccoast.net or Terry Layton at wlayton@sc.rr.com

Please return your registration form by 12/24/11 to: Coastal Timing - PO BOX 3284 - Murrells Inlet, SC 29576

Waiver & Release (required) In consideration of the foregoing, I, myself, my heirs, executors and administrators, hereby waive and release the Grand Strand Running Club, Coastal Timing, Event Sponsors, City of Myrtle Beach, and any and all of its members, affiliates, officers, and all individuals connected with the above-mentioned groups from any responsibility whatsoever for any and all claims, damages, actions, liability, and expense in connection with loss of life, personal injury, and/or damages to property which may occur as a result of my participation in said road race or walk, including, but not limited to any injuries I might suffer during this event. I acknowledge that I am aware of the inherent risks in participating in any athletic event of this type. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event and my physical condition has been verified by a licensed medical doctor. I hereby give my consent for use of videotaping or photography of myself or child during this event. I understand that the entry fee is non-refundable and race numbers are non-transferable. The race director reserves the right to reject any entry or to issue invitations. I certify that I am at least 18 years of age and this is my legal signature.

Printed Name:

Signature: Date:

Parent or Guardian Signature if under 18 yrs:

Reminder – GRAND STRAND RUNNING CLUB Membership Application forms are available at www.grandstrandrunner.com

Please MAKE A COPY OF THIS FORM FOR YOUR RECORDS