

# 50 PLUS 5K RUN & WALK REGISTRATION FORM

SATURDAY, APRIL 13, 2019 • GARNERS FERRY SPORTS COMPLEX, 8620 GARNES FERRY ROAD, HOPKINS, SC 29061

Please print clearly. Mail completed form with payment enclosed and postmarked by **March 22, 2019** to:  
**Adult Activity Center, c/o Lisa Smarr 50 Plus 5k Run & Walk, 7494 Parklane Road, Columbia, SC 29223**

Make check payable to **Richland County Recreation**

For more information, call Lisa Smarr at (803) 699-7425 or email [lisa@rcrc.state.sc.us](mailto:lisa@rcrc.state.sc.us).

You can also register online at [www.richlandrec.com](http://www.richlandrec.com).

## SCHEDULE OF EVENTS

Coming from Columbia, turn left into the Garners Ferry Adult Activity Center, Century Oaks Road is on the right. If you get to Lower Richland High School, you just missed us.

**8:00 AM:** Packet pick up and late registration begin at the Sports Complex picnic shelter

**10:00 AM:** 50 Plus 5k Run & Walk start

**11:30 AM:** Awards ceremony

This is a cross country style looped course for runners and walkers age 50 and older. Course is flat, closed to vehicular traffic, and is spectator friendly. Packet pick-up, late registration, water, refreshments and restrooms located at the picnic shelter. Finish line, timing and race results by Lesa and Danny White of Race Management Systems. Race results will be posted online at [RMSSPORTS.com](http://RMSSPORTS.com) and at [columbiarunningclub.com](http://columbiarunningclub.com).

## PRE-REGISTRATION

\$20 with a shirt; \$15 without a shirt. Registration due by **March 22, 2019** to guarantee a t-shirt.

## DAY OF RACE/LATE REGISTRATION

\$25 with a shirt while supplies last; \$20 without a shirt

## AWARDS

1st Place Overall Men & Women will receive a Nutibullet and a Livingston Farms Produce Award basket

1st Men & Women Master 50 Plus, Grandmaster 60 Plus, Great Grandmaster 70 Plus and Great Great Grandmaster 80 Plus will receive Livingston Farms Produce Award baskets

Age Group Awards 1st, 2nd and 3rd Place Men & Women will receive Livingston Farms Produce Awards 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90 plus!

**\*NO DOUBLE DIPPING. ONE AWARD PER RUNNER**

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Last Name:	<input type="text"/>	First Name:	<input type="text"/>	Age:	<input type="text"/>	Birthdate:	<input type="text"/>
Address:	<input type="text"/>			Apt#:	<input type="text"/>	PO Box:	<input type="text"/>
City:	<input type="text"/>	State:	<input type="text"/>	Zip:	<input type="text"/>	Phone:	<input type="text"/>
						Male	<input type="checkbox"/>
						Female	<input type="checkbox"/>
Email:	<input type="text"/>			Emergency Contact & Phone:	<input type="text"/>		

Please check one: 5k with t-shirt \$20 ☐ 5k without t-shirt \$15 ☐ Add \$5 after March 22, 2019 ☐

T-shirt Size: Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large ☐

**TOTAL ENCLOSED: \$**

**All fees are non-refundable**

**Athletes Release:** I know that running and walking are potentially hazardous activities. I certify that I am in proper condition to run this race and assume all risks involved in my participation. In consideration of your acceptance of my entry, I and anyone acting on my behalf, waive and release the 50 Plus 5K Run & Walk, the Richland County Recreation Commission, the Garners Ferry Sports Complex, volunteers and all sponsors, their representatives and successors from all claims of liability of any kind arising from my participation in this event. I grant permission to all of the foregoing to use photographs or other records for legitimate purpose.

**Athletes Signature** \_\_\_\_\_

**Date** \_\_\_\_\_