

# 2012 Resolution Run 10K

January 7, 2012 Sesqui State Park

The **3rd Annual Resolution Run 10K** is a fund-raising event planned by the Richland Northeast Cross Country and Track Teams. The race will take place on the 10K off-road bike trail at Sesquicentennial State Park in Columbia. The Resolution Run is the first race on the **Palmetto Grand Prix** and **Tour de Columbia** series of races. It is also part of the five-race trail series called the **Carolina Trail Championship Series**. Finish Line and Timing by **Strictly Running**.



## Events Schedule

### Location: Retreat Center in Sesqui

Packet Pick-up & Race-day Registration	8:00 am
10K Run	9:00 am
3.5 mi Walk	9:05 am
10K Awards	10:20 am

## Open 10K Awards & Age Groups

**Cash Awards** will be presented to the 1st (\$100), 2nd (\$50) & 3rd (\$25) overall Male and Female, and 1st (\$50) Overall Male and Female Masters winners.

**Age Groups Awards** will be presented to the top three finishers in each age category: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.

All runners will be eligible for **Palmetto Grand Prix & Tour de Columbia** points.

All registered 10K Run and 3.5mi Walk participants will be eligible for terrific door prizes.

## Driving Directions

**From I-20:** take exit 74, turn left onto Hwy 1 (Two Notch Road ), travel 3 mi, park will be on the right.

**From I-77:** take the Hwy 1 (Two Notch Road ) exit, go north on Hwy 1 for 1.5 mi. Park will be on the right.

## Registration Fees

Save \$2.50 on mail-in fees below

by registering online @ [StrictlyRunning.com](http://StrictlyRunning.com)

Event	By 12/30	After 12/30	No T-shirt option
10K Run	\$25	\$30	\$20/25
10K Student fee	\$15	\$20	\$10/15
3.5 Mile Walk	\$20	\$25	\$15/20

All **pre-registered** participants are guaranteed a long-sleeve T-shirt.

The \$2.00 park entry fee for those 16 and over will be covered for participating athletes. All others should be prepared to pay at the gate.

## Contact Information

For additional information, call Ginger Belka, Head Cross Country Coach at RNHS @ 803-556-6295, email [gbelka@richland2.org](mailto:gbelka@richland2.org) or visit our website @ [www.rnh.richland2.org/~gbelka/Resolution\\_Run.html](http://www.rnh.richland2.org/~gbelka/Resolution_Run.html).

For more information about the **Carolina Trail Championship Series**, visit [www.rnh.richland2.org/~gbelka/CTCS.html](http://www.rnh.richland2.org/~gbelka/CTCS.html). For more information regarding the **Palmetto Grand Prix** visit [www.strictlyrunning.com](http://www.strictlyrunning.com) or the **Tour de Columbia**, visit [colarunclub.com](http://colarunclub.com).

## Resolution 10K Run Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Email Address: \_\_\_\_\_

Age race day \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

T-Shirt Size: Adult \_\_\_S\_\_\_M\_\_\_L\_\_\_XL\_\_\_XXL (\$2.00 extra)

Event: 10K Run \_\_\_\_\_ 10K Run (student) \_\_\_\_\_ 3.5 mi Walk \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_  
(Parent's Signature required if runner is under 18 yrs. of age)

I understand that running or walking in this event is a potentially hazardous activity. In consideration of your acceptance of my entry, I, for myself (my child) and anyone acting on my behalf, waive, release, and hold harmless, all sponsors, officials, volunteers, and their representatives, and successors of the Resolution Run 10K and Sesqui State Park from any and all claims of injury or liability of any kind resulting from my (my child's) participation in this event. I realize that this is a strenuous event that requires proper physical conditioning for participation. I hereby certify that I (my child) am /is in such physical condition.

### THINK GREEN!

Save \$2.50 by registering online  
@ [StrictlyRunning.com](http://StrictlyRunning.com)

OR

Make checks payable to:  
Richland Northeast High School or RNHS

Mail Check and application to:  
Attn: Ginger Belka  
16 Lake Court  
Columbia, SC 29206

(early entries must be received by 12/30)