

Resolution Run 10K

-At Sesqui State Park

January 2, 2010

The **1st Annual Resolution Run 10K** is a fund-raising event planned by the RNE Boy's and Girl's Cross Country Teams. The race will take place on the 10K off-road bike trail at Sesquicentennial State Park in Columbia. The Resolution Run is also part of a new five-race trail series called the **Carolina Trail Championship Series**.

Events Schedule

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, 2nd & 3rd overall Male and Female, and 1st 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 *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 N 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

Event	By 12/26	Race Day	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 or visit our website @ www.rnh.richland2.org/~gbelka/Resolution_Run.html.

For more information about the exciting new **Carolina Trail Championship Series**, visit www.rnh.richland2.org/~gbelka/CTCS.html.

Resolve Now To.....

Get-Fit in 2010...Get Your Shoes Muddy...Run the Resolution 10K

Resolution 10K Run Entry Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____ Male _____ Female _____

Email Address: _____

Age race day _____ Date of Birth ____/____/____

T-Shirt Size: Youth _____ M _____ L _____

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

OR

Make checks payable to:
Richland Northeast High

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

(early entries must be received by 12/26)