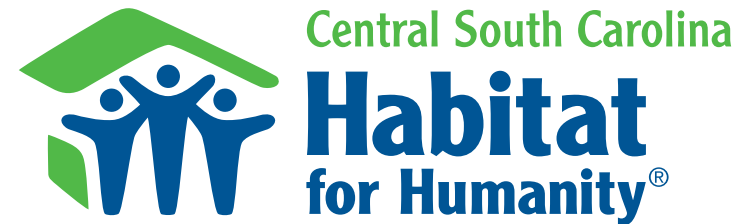


West Metro Habitat Alliance

Habitat for Humanity Run/Walk is sponsored by the West Metro Habitat Alliance, an interdenominational partnership of five area churches whose mission is to support the construction of Habitat Homes in the Cayce/West Columbia area.

- All Saints Episcopal Church
- Cayce United Methodist Church
- Mt. Tabor Lutheran Church
- Providence Presbyterian Church
- Trinity United Methodist Church



10K Run and 5K Walk

October 18, 2008

8:00 am

START/FINISH

Providence Presbyterian Church

1112 Hummingbird Drive

West Columbia, South Carolina

THE RACE

The sixth annual Habitat for Humanity 10K Run and 5K Walk will start and finish at Providence Presbyterian Church, just off Hwy 378 in West Columbia. The race will be run on a certified course in residential neighborhoods leading out onto Hwy 378. It is part of the Columbia Running Club's "Tour de Columbia," a series of races to promote running for fun and to assist the community by raising money for local non-profits.

- Pre-race refreshments
- Water/aide stations at 2- and 4-mile marks
- Gym bag, additional giveaways to the first 200 entrants
- Post-race pancake breakfast

REGISTRATION/PACKET PICK UP

REGISTER BY MAIL WITH CHECK AND COMPLETED APPLICATION OR
REGISTER ONLINE AT WWW.STRICTLYRUNNING.COM

PACKET PICK-UP/REGISTER IN PERSON AT PROVIDENCE PRESBYTERIAN:
October 17th from 4:30-6 pm October 18th from 6:30-7:30 am

AFTER THE RACE

- Awards ceremony at 9:30 am
- Pancake breakfast immediately following the run/walk

EVENT RESULTS

Complete results will be posted after the awards ceremony.

AGE GROUP AWARDS (10k Run)

Awards to the top three men and women overall, plus first place age group finishers:

Men/Women: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over

Ribbons for all run and walk finishers.

*For additional event information,
visit www.providencepresbyterian.net or call Providence Presbyterian at 803-794-6766.*

DIRECTIONS

Interstate I-26, exit to highway 378. East on 378 approximately 1 mile. Left on Hummingbird Drive. (Jiffy Lube on corner)

100% of the profits of the run/walk will go to support Central South Carolina Habitat for Humanity's efforts to build homes in the Cayce/West Columbia area.

RACE APPLICATION

Benefitting Habitat for Humanity DATE: October 18th TIME: 8:00 am

Name: _____

Address: _____

City/State/Zip: _____

Age (on Race Day): _____ Sex: _____ Phone: _____

Email: _____

I am entering: ___ 10K run ___ 5K walk ___ 5K team ___ 10K team

Team name _____

ENTRY FEE STRUCTURE

\$20 EARLY BIRD DISCOUNT; REGISTER BY OCT 13

\$25 STANDARD ENTRY FEE; REGISTER OCT 14-18

\$15 TEAM RATE (MINIMUM OF FIVE ON TEAM)

Make checks to Providence Presbyterian Church, note Habitat Run/Walk.

MAIL-IN ADDRESS:
Strictly Running
736 Harden Street
Columbia, SC 29205

CHILD CARE PROVIDED DURING RACE
Please check if needed:
____ Number of children
____ Age(s) of children

RACE APPLICATION WAIVER

I know that running/ walking a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the affects of the weather and the conditions of the course, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all claims or liability for death personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose. Applicants for minor accepted only with a parent or guardian signature.

Signed: _____
(parent or guardian signature if participant is under 18 years)

Date: _____