

March for Meals 5K at Riverbanks Zoo & Garden

Columbia, South Carolina

March 6, 2010 ▪ 7:30 AM

Certified 5K Course for Runners, #SC05042BS ▪ 1.5 or 3.1 Mile Courses for Walkers

\$20 Runners \$15 Walkers \$10 Children (12 and under)

Registration fees increase February 16, 2010.

All registered participants receive tee shirt and one one-day pass to RBZ&G which can be used any day in March 2010.

Visit www.seniorresourcesinc.org to register on line. Call 803-252-7734 for more information.

Runners limited to first 500 registrations.

Participant Category Runner Walker Adult Child Amount Enclosed \$ _____

Sex M F Age _____ Birthdate _____

First Name _____ Last Name _____

Street Address _____ City _____ State _____ Zip _____

E-mail _____ Phone (____) _____

Tee Shirt Size:

Adult M L XL XXL
Youth S M L

Awards: Top overall Male & Female and 3 deep in the following age groups (M&F):

6-10,11-14,15-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70 & over.

Please make checks payable to **March for Meals** and return with your registration form by February 15, 2010 to:
March for Meals ▪ Senior Resources, Inc. ▪ 2817 Millwood Avenue ▪ Columbia, SC 29205

ALL WALKERS/RUNNERS PLEASE READ CAREFULLY BEFORE SIGNING

WAIVER: In consideration of this *March for Meals* entry, I myself, my heirs, my administrations and assigns, forever release and discharge any and all rights, demands, claims, for damages and cases of suit or action known or unknown that I may have against Senior Resources, Inc., Riverbanks Zoo, personnel, or any sponsors for any injuries arising or resulting from this event, *March for Meals*. I attest that I am physically fit and prepared for this event. I also give my full permission for use of my name and photographs in connection with this event and give my consent to and permit emergency care in the event of injury or illness while participating in this event.

Signature of participant: _____ Date _____

Signature of parent or guardian (required if under age of 18) _____

Baby or jogging strollers are not permitted on runners course. Event held rain or shine.



Meals On Wheels Association of America's Top Fundraising Event in 2006

Race results managed professionally by *It's About Time Race Management, Greenville SC* (gottarun@lehmanmail.org)