

Second Annual Discover CIU 5k, 10k and Fun Run

Saturday, February 2nd, 2013

5k/10k: 9:00 AM

- **Location:** Columbia International University and Ben Lippen High School. Once you get on campus follow signs for race parking.
- **Course:** The 5k course will be the same course that was used for the Intercollegiate CIU Invitational, with the 10k course simply doing the 5k loop twice.
- **Registration:** Specify whether running as an individual or a team (team information below) You can apply online at <http://sc.milesplit.com/meets/128340-second-annual-discover-ciu-10k-5k> or Drop off the Registration form at Coach Brooker's office in the Fitness Center or mail to:



Coach Jud Brooker
Head Cross Country Coach
7435 Monticello Rd
Columbia, SC 29203



Early registration (end January 29, 2013) - \$20
Late registration (beginning January 30, 2013) - \$25

Team pricing is below under Registration

CIU and Ben Lippen Students and Staff receive \$5 discount on individual registration (not team)

ALL MONEY IS NON REFUNDABLE

- **Team Registration:** You may have a team of 5 in the 5k race only. Make sure you specify your team name or you will not be entered! Entry fees for teams are listed below; you can pay individually, or as a whole team.
- **Awards:** Top 3 individual Male and Female winner and top 3 registered teams receive a special prize.
Prizes will also be given to the top 3 in each age group: (no double dipping)
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 up
- **Results:** Results will be posted on the CIU Athletic Webpage by Sunday, February 3rd.

Registration

Last Name: _____ First Name: _____

Team Name 5k only (leave blank if running individually): _____ Race competing in: 5k 10k

Age on race day: _____ Gender (circle): M F Shirt Size (circle): S M L XL XXL XXXL (Shirts only guaranteed if registered before February 1st)

Address: _____ City: _____ State: _____

Zip Code: _____ Phone Number: (_____) _____ - _____ Fee Enclosed: \$ _____

Waiver: In consideration for acceptance of my entry, I for myself, my executors, administrators and assignees do hereby release and discharge all sponsors and individuals assisting in the presentation of "Discover CIU 5k" from all claims of damages, demands and actions whatsoever in any manner or growing out of my participation in this event. I hereby attest and verify that I have full knowledge of the risks involved in this race, that I assume and pay my own medical and emergency expenses in the event of an accident, illness or other capacity, regardless of whether I have authorized such expenses and that I am physically fit and sufficiently trained to participate in the event.

Entry Signature _____

Date ____/____/____

Parent's Signature (required of entrants under 18)

Date ____/____/____

Emergency Contact _____ Phone (_____) _____ - _____

\$20 Pre-register, \$15 CIU or Ben Lippen
\$80 for team of 5 or \$16 per member Pre-register

\$25 Race day register, \$20 CIU or Ben Lippen
\$105 for team of 5 or \$21 per member Race day

Make Checks Payable to:

Columbia International University
(write "cross country" in memo or for section)

Mail to:

Coach Jud Brooker
Head Cross Country Coach
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Columbia, SC 29203