

Silver Fox 5K Trail Run

August 14, 2010, 8am

at Saluda Shoals Park, 5605 Bush River Road, Columbia

A **Columbia Running Club** **

Tour de Columbia Event



Register online <http://dutchforkrunners.com>

or at Fleet Feet Sports* by August 8 for discount!

email: dutchforkrunners@gmail.com

Awards given to top three finishers in each age group, results will be posted.

Entry Fee By 8/08/10 (includes t-shirt) **17 and under \$15. All others: \$20.**

8/09-8/12 \$25 (no shirt guarantee)

Race day 8/14 7am- 7:30 am \$30.

Age groups 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+

Packets can be picked up at Fleet Feet Sports*, Thursday or Friday (8/12-8/13) 10am-7pm,

or at Saluda Shoals race day (8/14) 7am-7:30am.

Clear course markings, beautiful river-side finish, and post race refreshments.

Register online or at Fleet Feet*. **Waiver:** "By signing this entry, I release any and all sponsors or representatives of the race from any claim of liability, illness, damage, or injury suffered by me as a result of participation in or traveling to and from this event. I hereby certify that I am in good health and in sufficient physical shape and condition to participate in this event."

Signature (guardian if under 18) _____

Name: _____ Age: _____ Phone: _____

Address, City, State, Zip _____

Email: _____ Male: ___ Female: ___ Amount Enclosed: _____

Circle Shirt Size: Small, Medium, Large, XL, XXL

Mail by 8/1/2010 to *Fleet Feet Sports, 285 Columbiana Drive, Columbia, SC 29212 (803) 407-1223

Checks payable to **Dutch Fork High School** Must be received by 8/08/10.

Website: <http://dutchforkrunners.com> , **Columbia Running Club <http://colarunclub.com>