

SPC Cooperative Credit Union

7th Annual



Run and Walk

Part of the:

2006 Palmetto Grand Prix

hosted by Coker College's

COBRAclub

Saturday - 9:00 am

OCTOBER 14, 2006

Hartsville, SC



(This must be signed in order to participate.)

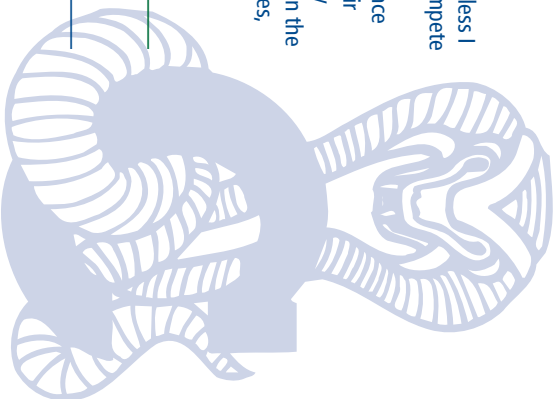
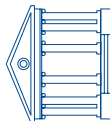
WAIVER: I know that participating (running or walking) in this event is potentially hazardous. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely compete in this event. I assume all risks associated with traveling to and participating in this event including, but not limited to falls, contact with other participants, the effects of the weather, and traffic on the course. In consideration and acceptance of this entry I hereby, for myself, my heirs, executors, administrators, and assigns, release and discharge all sponsors, their representatives and successors and any individual or group associated with this event from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission for all the foregoing to use any photographs, motion pictures, recordings, verbal or written statements, or any other record of this event for any legitimate purpose.

SIGNATURE: _____

DATE: _____

PARENT'S SIGNATURE: (if participant is under 18): _____

COKER COLLEGE
300 East College Avenue
Hartsville, South Carolina 29550
www.coker.edu





5K COKER COLLEGE

Entry Fee:

Pre-Registration: \$20.00 by October 1
Late Registration: \$25.00 after October 1

SPC members' fee: \$15.00 by October 1
\$20.00 after October 1

Business fee: \$15.00 by October 1
(must have 5 or more on a team)
\$20 after October 1
(must have 5 or more on a team)

Make CHECKS payable to
COKER COLLEGE ATHLETICS
(All net proceeds benefit Coker College Athletics)

Course:

3.1 miles. USATF Certified
Starting line at Coker College's Campus.
Runners and walkers begin at the same time.

Race Day Registration and Packet Pickup:

7:30 AM - 8:50 AM
David R. & May R. Coker Center,
Coker College Campus

For Directions:

www.coker.edu/admissions/directions.htm

To Register On-line Visit:

www.strictlyrunning.com

Awards:

Top Two male and female:

- Open
- Masters 40 +
- Grand Masters 50 +
- Walking Division

Top Three male and female finishers in the following age groups will receive awards:

10 & under	40-44
11-12	45-49
13-19	50-54
20-25	55-59
26-29	60-64
30-34	65 & above
35-39	

Team Challenge!

School wins a traveling trophy. For every individual that signs up and completes the run for a particular school, that team is assessed a point; most points wins all the glory and the goods.

Contacts:

Ley Fletcher 843-383-8190 or lfletcher@coker.edu
Tim Griggs 843-383-8071 or tgriggs@coker.edu

Course Records:

Male:
Mark Bedenbaugh – W. Columbia, SC 16:44 (2001)

Female:
Lauren Paige – Columbia, SC 20:17 (2003)

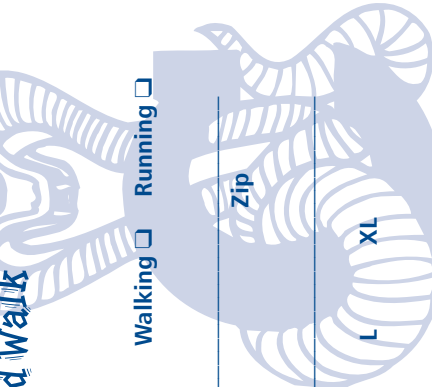
5K Cobra Club Committee:

Bob Braddock	David Hanna
Sid Crouch	Rhett Mitchell
Donna Durante	James Ownley
Ley Fletcher	Christian Stryker
Deborah Griggs	Frankie Valle
Tim Griggs	Linda Weatherford

Return registration form and entry fee to: COKER COLLEGE ATHLETICS, COBRA CLUB 5K, 300 EAST COLLEGE AVENUE, HARTSVILLE, SC 29550



Run and Walk



REGISTRATION FORM

(Opposite side must be returned signed.)

Name: _____ Male: Female: Age on 10/14/06: _____ Walking Running

Address: _____ Street _____ City _____ State _____ Zip _____

Phone: _____ E-Mail Address: _____

T-Shirt Size (Circle One): YOUTH SIZE: S M L XL ADULT SIZE: S M L XL

(Guaranteed ONLY to pre-registered runners!)