

First Annual Discover CIU 5k and Fun Run

Saturday, February 4, 2012 @ 3:30 pm

Party and bonfire to follow with music!

- **Location:** Columbia International University and Ben Lippen High School. Once you get on campus follow signs for race parking.
- **Registration:** Specify whether running as an individual or a team (teams can consist of any 5 runners who put down the same team name) 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 (ends January 27, 2012) - \$20
(mail must be postmarked by January 24, 2012 for early entry)

Late registration (beginning January 28, 2012) - \$25

Team pricing is below under Registration

CIU and Ben Lippen Students and Staff receive \$5 discount on registration

ALL MONEY IS NON REFUNDABLE

Awards: Overall individual Male and Female winner and top 3 registered teams receive special prize.

Prizes will also be given to the top 2 in each age group:

Under 15

16-24

25-34

35-44

45-54

55-69

70 and up

Results: Results will be posted at the race. Results will also be on the CIU Athletics website by February 6, 2012

Purpose: Run or walk against local Columbia runners and enjoy the wonderful trails that CIU has to offer!

Help raise awareness of the new CIU Athletic Department and sports teams including

Men's and Women's Cross Country, Men's Soccer, Women's Volleyball

Registration

Last Name: _____

First Name: _____

Team Name (leave blank if running individually): _____

Age on race day: _____ Gender (circle): M F Shirt Size (circle): S M L XL XXL XXXL (Shirts only guaranteed if registered before January 27th)

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.

\$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

Entry Signature _____

Date ____/____/____

Parent's Signature (required of entrants under 18)

Date ____/____/____

Make Checks Payable to:
Columbia International University
(write "cross country" in memo or for section)

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

Emergency Contact _____ Phone (_____) _____ - _____