



2019

RACE REGISTRATION

A 5K Run/Walk Through Our Paved Trail System

Brought to you by the Crowfield Plantation Community Services Association (CPCSA)

Saturday • October 12th, 2019 • 8:30 am

Middleton Park, Crowfield Plantation

101 Hunters Lane, Goose Creek

Race Course:

This USA TF certified 5K begins at Middleton Park, continues down Crowfield's paved trail system, ending back at Middleton Park.

Registration:

Received on or before **Oct 9th**

Individuals: \$25

Students grade 12 and under: \$10

Team registration (5 or more): \$20 per person

All registrations received after Oct 9th are \$30

T-shirts:

T-shirts will be available while supplies last for registrations received after **Oct. 1st**. If no size is marked on your registration form you will be given a large shirt.

Race Day Schedule:

(Check website or Facebook for Friday packet pick-up times)

7:00 am Packet pick-up begins

7:00 am Late registration

8:30 am 5K Run/Walk

9:30 am Awards ceremony

Awards:

Awards for the **top three overall M/F** winners.

Age group awards will be given to the top three

M/F winners in each division: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-64, 65+

Strollers and Dogs:

Due to the design of the course, strollers and leashed dogs will only be permitted with walkers.

All proceeds from this race will benefit the **Callen-Lacey Center for Children.**

For more information, please visit www.crowfield5k.com and follow us on Facebook at www.facebook.com/CrowfieldPlantation5k.

Return With Check to: 101 Hunters Ln, Goose Creek, SC 29445

Make check payable to: Crowfield Plantation Community Services Association (CPCSA)

First Name: _____ Initial _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Circle One: Female Male Age: _____ Birth Date: _____ Team Name: _____

Daytime Phone: _____ Email: _____

Please provide your email to receive important race updates.

T-Shirt Size:

☐ Small ☐ Medium ☐ Large ☐ XL ☐ 2X

On or before Oct 9th (all late registrations are \$30)

Individual: \$25 ☐ Student: \$10 ☐ Team Registration: \$20 ☐
(grade 12 and under) (five or more members)

Liability Waiver and Release:

In consideration for the acceptance of entry, I for myself, my heirs, and assigns, hereby release the sponsors, race workers, and officials for this race from any and all liability arising from illness, injuries, and damages I may suffer as a result of participation in such event. I attest that I am physically fit and sufficiently trained for this event, and am aware that participation in this event could, in some circumstances, result in severe physical soreness or injury. I also give permission for free use of my name and picture in any broadcast, telecast or written account of this event. I understand that the entry fee I pay is NON-REFUNDABLE. Should road race officials determine that completion of this event would be injurious to my health, I consent to be removed from the course and treated by the physician in attendance or of their discretion. Should the race be canceled for any reason, T-shirts will be mailed to all entrants in lieu of a refund.

Signature of Participant: _____ Date: _____

Parent/Guardian if under 18

All proceeds from this race will benefit the Callen-Lacey Center for Children.
Due to scheduling and permitting, the race will be held rain or shine! No refunds or exceptions.