



5 K Run/Walk
Sunday, October 18, 2009, 1:00 p.m.
NATURE CENTER (Near Fripp Bridge)
HUNTING ISLAND STATE PARK

Run will continue as scheduled RAIN or SHINE.

REGISTRATION DEADLINE
5:00 PM FRIDAY 10-16-09

- The 150th Lighthouse Anniversary 5 K Run is scheduled for Sunday, October 18, at 1:00 p.m. The course is along the Lagoon on the newly resurfaced shell/sand trails. This is a flat trail through the beautiful maritime forest.
- Registration is \$25 for 5K and \$15 for walk and must be paid in advance by check or on line by credit card. Group rates (10 or more participants \$20 each paid with one check or charge for the full amount in advance.) Each runner is required to fill out and sign a registration form.
- The registration fee includes a T-shirt for the first 300 runners.
- Free Park admission. Carpooling encouraged.
- Runners can pick up their race packets at the Hunting Nature Center (near Fripp Bridge) on the day of the race Sunday October 18, from 12 noon until 12:45 p.m.
- Other events on Sunday at the park include a kayak demonstration at the Lagoon, Oyster Roast, Grand Ceremony, Coast Guard fly over and special lighthouse stamp sale. Plan to go to the Lighthouse after the race for the Oyster Roast.
- Awards ceremony after the race will be at Lighthouse.
- Chip Timing by Play Hard Event Timing.
Playhardeventtiming.com

5 K Run Age Divisions – Male & Female

- 6-12
- 13-17
- 18-29
- 30-39
- 40-49
- 50-59
- 60+

REGISTRATION

5 K RUN/WALK

SUNDAY, OCTOBER 18, 2009, 1:00 P.M.
NATURE CENTER
HUNTING ISLAND STATE PARK

PLEASE RETURN COMPLETED APPLICATION AND CHECK TO:

Friends of Hunting Island
Attn: 5K Registration
Tom Valentino
31 Petigru Drive
Beaufort, SC 29902

Phone: (843) 379-4895 or (912) 667-3774

Fax: (843) 379-4896 E-mail: valbox@hargray.com

or

REGISTER ON LINE by CREDIT CARD

MAIL FORM TO TOM AT ABOVE ADDRESS

Download additional forms and register on line at:

www.friends-of-hunting-island-sc.org

NAME: _____

ADDRESS: _____

CITY: _____ STATE ____ ZIP _____

PHONE: _____ E-MAIL: _____

AGE (on 10/18/09) _____ MALE _____ FEMALE _____

SHIRT: ADULT: L ___ XL ___

INCLUDE CHECK TO FRIENDS OF HUNTING ISLAND
\$25 for 5k Run or \$15 for WALK REGISTRATION

LIABILITY WAIVER AND RELEASE

In consideration of acceptance of the entry, I, for myself, my heirs and assigns, release the sponsors and officials of the 2009 150th anniversary 5 K Run from any and all liability arising from illness as a result of participation in such event. I attest that I am physically fit and have sufficiently trained for this event, and am aware that participation in this event could, in some circumstances, result in severe 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 the entry fee I pay is non-refundable.** Should event officials determine that completion of the event would in any way be harmful to my health, I consent to be removed from the course. **Should the race be canceled for any reason, T-Shirts will be mailed to entrants in lieu of a refund.**

Signature: _____