

**MARTIN LUTHER KING, JR.
5K RUN/FITNESS WALK**

Entry Form

Make checks payable to:

Bridging the Gap with Alpha, Inc.

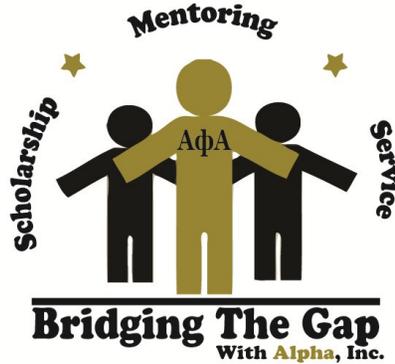
Please return entry form to:

**Strictly Running
736 Harden Street
Columbia, SC 29205**

Register online at:

www.strictlyrunning.com

Proudly sponsored by:



CJ & Associates
Accounting/Bookkeeping

Carla D Gatling
Owner

PO Box 291302
Columbia, SC 29229
803 315-1963

cjandassociates2@gmail.com
www.cjandassociates2.com

Course directions:

- Start at corner of Santee Ave. & Preston St.**
- Preston St. to King St.**
- Right on King St.**
- Left on Heyward St.**
- Left on Simms St.**
- Left on Wheat St.**
- Right on King St.**
- Left on Preston St.**
- Left on Santee St.**
- To Finish Line**

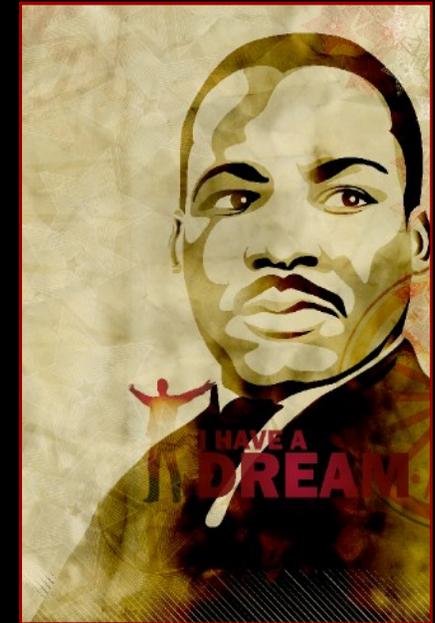


G&B Resources
Medical Legal Consultants

GRETA A. GREEN, RN, BSN, MS
Legal Nurse Consultant
Phone/Fax: (803) 551-0018
P.O. Box 211933
Columbia, SC 29221
g_bresources@yahoo.com

24th Annual

**Martin Luther King, Jr.
5K Run & Fitness Walk**



**Saturday, January 11, 2014
Martin Luther King Park
2300 Greene Street
Columbia, SC**



5K RUN/FITNESS WALK

REGISTRATION FORM

WAIVER

Starting Time: 9 a.m., Sat., January 11, 2014

Location: Race headquarters at Martin Luther King Park, Santee Ave. (Five Points)

Course: USATF Certified Course (SC11036DW) on paved streets; 5 kilometers (3.1 miles). Split times provided at 1, 2 and 3 mile marks.

Entry Fee: BEFORE 12/15/13
5k Run or Walk \$25 with a T-Shirt
5k Run or Walk \$20 without a T-Shirt

Late Entry Fee: AFTER 12/16/13
5k Run or Walk \$30 with a T-Shirt
5k Run or Walk \$25 without a T-Shirt

Race Day Fee: 1/11/14 Saturday
5k Run or Walk \$35 with a T-Shirt
5k Run or Walk \$30 without a T-Shirt
(Cannot Guarantee T-Shirt to Late Entries)

Awards: Medals given to the top three finishers, male and female, in the following categories: 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 +

Reporting Time: Registration begins at 8 a.m. Runners should report to the starting line by 8:45 a.m. Walkers start immediately after.

Charity: Proceeds benefit March of Dimes, MLK Foundation, & The Alpha Academy

Early Packet Pick Up: January 8-10 (Wednesday—Friday)
12 noon until 6:30 p.m. at
Strictly Running
736 Harden Street
Columbia, SC 29205

Information: **Strictly Running**
(803)799-IRUN (4786)
Alpha Phi Alpha
(803) 254-8070

Name: _____

Address: _____

Phone: () _____

Email: _____

Emergency Contact Information:
Name: _____
Phone: () _____

Check One:
 Fitness Walk Male
 5K Run Female
Age Category _____

T-shirt Size:
 Med. Large XL

How many years have you participated in the MLK Run/Fitness Walk? _____

I would like to make a donation:
 \$10 \$25 Other

PLEASE READ CAREFULLY

In consideration of this entry in the Annual Martin Luther King, Jr. 5K Run/Fitness Walk, I/My Heirs/Assigns, release Alpha Phi Alpha Fraternity, Inc. - Omicron Iota Lambda Chapter, Bridging the Gap with Alpha, Inc., and all other organizers, sponsors, representatives, their agents, their employees, and any other person or organization assisting in putting on this event from any and all claims for damages or injuries incurred by me as a result of my participation in or travel to or from this event. I further realize the distance of this event (3.1 miles) and state that I am in proper physical condition to compete in the event. I assume the risk of running/walking in traffic. I also give permission for the free and unrestricted use of my name and picture in any broadcast, telecast, or written account of this event.

Participant's Signature

Parent's Signature if under 18 years of age

Date

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