

Silver Fox 5K Trail Run

**Annual Fundraiser for the*

Dutch Fork High School Cross Country Teams

Sat. August 11, 2012, 8am

at **Saluda Shoals Park**, 5605 Bush River Road, Columbia

A Columbia Running Club ** Tour de Columbia Event

Register online <http://dutchforkrunners.com> or at Fleet Feet Sports* by 8/05 for reduced rates.

Awards given: Male & Female - overall winners, top three finishers in each age group, and masters

Entry Fee (non-refundable) Checks payable to Dutch Fork Runners - Must be received by 8/05/12.

Received by 8/05: 17 and under \$10. All others: \$15. (\$5 additional for t-shirt)

8/06-8/10: \$20 (no t-shirt orders taken, but some may be available race-day)

Race day 8/11: 7am- 7:30 am \$30, t-shirt only if available.

Age groups: 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+

Packet pick-up: Fleet Feet Sports*, Friday (8/10) 10am-7pm, or at Saluda Shoals race day (8/11) 7am-7:30am.

Clear course markings, beautiful river-side finish, a technical trail run. Post-race refreshments. Interactive map, course information, and results available at <http://dutchforkrunners.com>

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Runner's Signature (or guardian if under 18) _____

Name: _____ Age: _____ Phone: _____

Address,City,State,Zip _____

Email: _____ Male: ___ Female: ___

Circle Shirt Size: Small, Medium, Large, XL, XXL (add \$5 for t-shirt) Amount Enclosed: _____

Waiver: "By signing this entry, I release any and all sponsors or representatives of the race from any claim of liability, illness, damage, or injury suffered by me as a result of participation in or traveling to and from this event. I hereby certify that I am in good health and in sufficient physical shape and condition to participate in this event."

Mail by 8/1/2012 to *Fleet Feet Sports, 945 Lake Murray Blvd, Irmo, SC 29063 (803) 407-1223

**Columbia Running Club <http://colarunclub.com>

