

FasTrak Mile Series

- **Time/Location:** Saturday, August 8, 9 am (Location TBD)
Saturday, August 15, 9 am (CIU)
- **Registration:** Online at runhard.org/pages/race-fastrak.php
Mail in registration drop off at Fleet Feet Store off Lake Murray Blvd or mail to:

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

Individual Races:

Early registration (ends Friday, 8 days before race) \$15
Late registration (starts Saturday, 7 days before race) \$20

Shirts only if you registered for both races

ALL MONEY IS NON REFUNDABLE

Awards: Each race will be scored (5, 4, 3, 2, 1 for overall and age group divisions)
Individual prizes for overall winner and age group winners will be given out at each race
Top 5 overall men and women point scores for series will receive special prizes
Top 3 point scores for series in each age group receive prizes
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 and up

Results: Will be posted on FleetFeetColumbia.com as well as FasTrak Facebook page

Registration

Last Name: _____ First Name: _____

Age on race day: _____ Gender (circle): M F Shirt Size (circle): S M L XL XXL XXXL (*Shirts only guaranteed if registered before January 30th*)

Address: _____ City: _____ State: _____

Zip Code: _____ Phone Number: (_____) _____ - _____

Fee Enclosed: \$ _____
\$15 for one race
\$30 for both races

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.

Make Checks Payable to:
Jud Brooker

Drop off at Fleet Feet off Lake Murray Blvd or Mail to:

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Entry Signature _____

Date ____/____/____

Parent's Signature (required of entrants under 18)

Date / /