

Careteam's 2010 5K Run & AIDS Walk

Saturday October 30

Plyler Park

(on the corner of North Ocean Boulevard and 11th Avenue North)

Late registration: 8:30 am

5K Run & Walk 9:30 am

Tot Trot 10:00 am

Awards 10:15 am

Special Award to all Tot-Trot participants

Top 3 Male & Female Overall

Top 3 Male & Female Masters

Top 3 Male & Female in age groups: 14 & 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 over

First Name: _____ Last Name: _____

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

Team Name: _____ Email: _____

Gender: _____ Age on 11/07/09: _____ Date of birth: _____

Shirt Size: S M L XL XXL T-shirts to pre-registered participants, then while supplies last!

Waiver (ALL participants MUST sign)

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns and anyone entitled to act on my behalf, release and discharge the Grand Strand Running Club, Careteam, Inc., the city of Myrtle Beach, Plus sponsors, their representatives, and successors, promoters, managers, directors, officers, agents, employees, and volunteers of the road race named in this entry form from any and all claims of injury or liabilities of any kind, illness or damages, suffered by me as a result of participation in or traveling to or from this event. I know that running or walking a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking in this event, including, but not limited to, falls, contact with other participants, the affects of the weather, including high heat or traffic and the conditions of the road, all such risks being known and appreciated by me. I realize that this is a strenuous event that requires proper physical condition and good health. I also give my permission or the free use of my name and picture in any written account, broadcast, or telecast of this event for any purpose.

Signature (Guardian if under 18)

Fee: Prior to October 30, \$20, \$10 ages 12-18, kids under 12 free

Late Registration on October 30, \$25, \$15 ages 12-18, kids under 12 are free

Fifty Yard Tot Trot: No Charge! (ages 5-9)

Careteam contribution: _____

Total with this application: _____ (non refundable!)

Make checks payable to: Careteam Inc.

Mail to: Dr. Jim Troxell

802 13th Avenue South

North Myrtle Beach, SC 29582 phone: (843) 272-1717

Please enjoy the convenience of registering online at www.GrandStrandRunner.com or <http://GrandStrandRunner.xlrun.com>



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As always, Careteam encourages all individual and team participants to raise money for the event beyond registration. Individual and team collections should at a minimum cover the registration fee for each participant. Teams can be made up of families, friends, schools, churches, businesses, fraternities, etc. Awards will be given to the individual and to the team that raises the most money. Runners and walkers will also win placement awards. It is important that we have a record of each donation for our records so that we may acknowledge all gifts. Please take the time to carefully fill out and print the information below for each person who sponsors you to run or walk.

NAME OF SPONSOR	COMPLETE ADDRESS	AMOUNT
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		

Participant's Name (include parent or guardian): _____

Team Name (if you are walking with a team): _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

Walker (parent/guardian) **Signature** _____