



5K / 1 MILE FUN RUN

May 30th, 2009, 8am



Date: May 30, 2009

Start time: 5K - 8AM, 1M - 9AM

Location: Winthrop Athletic campus,
1162 Eden Terrace, Rock Hill, SC.
(Start line is at the Coliseum)

Register online (and view
our USAATF certified course)
at www.milesopherun.com or tear
off the below registration form
and mail a check payable to
Regency Foundation to:

Regency Hospice,
1924 India Hook Road,
Rock Hill, SC 29732

Regency Hospice presents the 1st annual Miles of Hope 5K/1 mile run. It will take place at the Athletic campus of Winthrop University in Rock Hill. Your support will benefit our not-for-profit foundation and help us to provide end-of-life hospice care to patients in York, Chester & Lancaster counties.

- The first 150 registered will receive a dry fit T-shirt (youth shirts only available in cotton)
- T-shirt guaranteed (cotton or dry) if registered by April 30th
- Awards will be given to the top 3 runners in all age groups. Other prizes will be raffled off after race. (hold on to your bib * for raffle)

Packet pickup: Thursday, May 28th @ Regency Hospice in Rock Hill (9am-5pm)
Friday, May 29th @ TrySports at Blakeney (7pm-9pm)
Race-day beginning at 7am

Race-day registration begins at 7am



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1m \$15

Early-Reg \$20
by March 30

Pre-Reg \$25
by April 30

Reg \$30
race day

Check payable:
Regency Foundation
1924 India Hook Road,
Rock Hill, SC 29732

Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____ Email _____

Circle Male/Female Age _____ DOB _____

T-shirt size: YL ___ S ___ M ___ L ___ XL ___ Race: 5K ___ 1 mile ___

Signature: _____
(parent or guardian if under 18)

All proceeds of this race will go to our Regency Hospice foundation.

- The first 150 registered will receive a dry-fit T-shirt (youth shirts only available in cotton)
- Guaranteed T-shirt (cotton or dry) if registered by April 30th
- Awards given to top 3 runners in all age groups

In consideration of the acceptance to the 2009 Miles of Hope 5K/1 mile fun run, I waive all claims for myself, any children registered under this registration, my heirs and assignees against Regency Hospice, TrySports, Winthrop University and all sponsors, promoters and volunteers for injury or illness which may result from my participation. I certify that I am physically fit and sufficiently trained to participate in the race. I give permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose. Unregistered runners, runners with dogs, rollerblades, and bicyclers are prohibited on the race course at any time to ensure runner's safety and to comply with liability insurance standards. I understand that if the race and/or event is cancelled because of any circumstances beyond the control of the race committee and sponsors including but not limited to hazardous weather conditions or government ban my entry fee will not be refunded. I certify that I have read the foregoing and have full understanding of the contents.