

# 5K / 1 MILE FUN RUN

## May 1st, 2010



Date: May 1 2010

Start time: 5K - 8:30am, 1M - 9:15am

Location: Winthrop Athletic campus, (the "Lake")

1162 Eden Terrace, Rock Hill, SC.  
(Start line is at the Coliseum)

Register online (and view our USATF certified course) at [www.miles-of-hope-run.com](http://www.miles-of-hope-run.com) or tear off the below registration form and mail a check payable to:

Regency Hospice,  
420 S. Herlong Ave., Ste. 104  
Rock Hill, SC 29732  
803-328-2141

Regency Hospice presents the 2nd annual Miles of Hope 5K/1 Family Fun Run. It will take place at the Athletic campus of Winthrop University (the "Lake") in Rock Hill. Your support will help raise community awareness on the benefit of Hospice.

- The first 150 registered receive a moisture management T-shirt (youth shirts only available in cotton)
- T-shirt guaranteed (cotton or moisture management) if registered by April 20th
- 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)

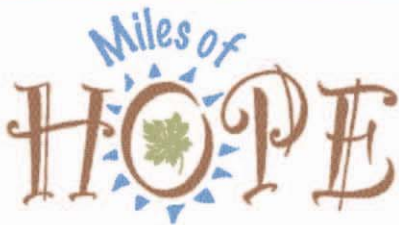
Packet pickup: Friday, April 30th @ Regency Hospice in Rock Hill (9am-4pm)  
Race-day beginning at 7am

Race-day registration begins at 7am

Thanks so much to our sponsors:



Video Security Sales and Service



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## May 1st, 2010

Start: 8:30am - 5K

9:15am - 1 mile

Pre-Reg til March 15 - \$20

Pre-Reg til April 28 - \$25

Race Day-Reg May 1 - \$30

All 1 mile participants \$15

Teams of 5 or more  
\$15 per person

Check payable:

Regency Hospice  
420 S. Herlong Ave., Ste. 104  
Rock Hill, SC 29732  
803-328-2141

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 not-for-profit Advised Fund.

- The first 150 registered will receive a moisture management T-shirt (youth shirts only available in cotton)
- Guaranteed T-shirt (cotton or moisture management) if registered by April 20th
- Awards given to top 3 runners in all age groups

In consideration of the acceptance to the 2010 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.