14th Annual Lexington's Race Against Hunger

DATE: Saturday, February 22,2014

5K Fitness Run-Walk	**8:15 AM**
10K Run	**8:20 AM**
1-mile fun run	**8:25 AM**
Saxe Gotha Presbyterian	**Lexington, SC**

Remembering Curt Owens Jr.

LRAH

100% OF PROFIT FEEDS THE HUNGRY

$310,045.30 donated through 2013

REGISTRATION FEES

Pre-registration deadline is postmark date on/before February 3, 2014 or in-hand by 4:00 PM on February 6, 2014

10K Run:	$30	After February 6	$35
5K Fitness Walk/run:	$15	After February 6	$20
1-mile Fun Run:	$15	After February 6	$20

Group Discounts: Encourage health and wellness at your work place or organization. For all groups of seven or more, take $3 off per person from the above listed prices. Group registrations must be together and are not accepted after February 14th.

Payments: Make checks payable to LRAH.

Mail to: SGPC Attention LRAH
5503 Sunset Blvd.
Lexington, SC 29072

AMENITIES:

- STREAMING 10K RESULTS ON VIDEO MONITOR
- Long Sleeve Tech T-shirt (65% poly/35% cotton)
- Professional Disposable Chip Timing Services (10K)
- Electronic Clock (5K & Fun Run)
- Food & Drink (post-event Pizza)

SANCTIONS/AFFILIATIONS (10K):

Lexington's Race Against Hunger is sanctioned by USA Track & Field. Runners are expected to comply with all USAT&F road-racing rules and will be held accountable for violations. The 10K Run course is USAT&F certified: **SC01039BS**.

REFRESHMENTS/AWARD CEREMONY:

We have fresh fruit, bagels, sports drinks, and water available all morning. These foods will be available in the GYM and start/finish areas. Pizza will be available post-race in the start/finish area and the GYM. The awards ceremony will be ~9:50 a.m. in the GYM. There will be music and fun pre-race and post-race.

10K Awards/Categories: Awards to the top three men and women overall, the top two men and women in Masters, and in Grand Masters, and the top three men and women in each age category (overall winners do not receive age group awards): 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+

10K team awards: The top three corporate teams, based on the top five participants, "cross country scoring", will receive awards. Participants must be employed by the company.

One-Mile Fun Run: Ribbons to all participants 14 and under.

PACKET PICK UP AND LATE REGISTRATION:

Saxe Gotha Presbyterian Church, 5503 Sunset Blvd. In Lexington

Friday, February 21, 2014, 1:00-7:30 PM
in the GYM (back side of main building).
Spaghetti Dinners will be available during packet pick up for $5 per dinner. All proceeds go to feed the hungry.

Saturday, February 22, 2014 (Event Day): 6:40-7:40AM
in the GYM (back side of main building).

LEXINGTON'S RACE AGAINST HUNGER:

ONE ENTRY FORM PER PARTICIPANT. FAMILY MEMBERS MAY SKIP REDUNDANT INFO (I.E. ADDRESS) AND STAPLE/CLIP FORMS TOGETHER. **EVERYONE MUST SIGN THEIR WAIVER**.

☐ 10K Run ☐ 5K Run/ Walk ☐ 1-mile Fun Run

Name_____

Team Name_____

DOB _____/_____/_____ age on 2/22/14_____

Gender: M ( ) F ( ) Check One: ____no shirt

Adult: _____S _____M _____L _____XL

_____XXL Youth: _____S _____ M _____ L

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Phone: _____

WAIVER: *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 Saxe Gotha Presbyterian Church, Lexington's Race Against Hunger, event sponsors, their representatives and successors, promoters, managers, directors, officials, agents, employees and volunteers of Lexington's Race Against Hunger, from any claims of injury or liabilities of any kind, illnesses or damages suffered by me, as a result of participation in or traveling to and from this event. I hereby certify that I am in the physical condition and have the skill level needed to safely complete these events. I also give my permission for the free use of my name and/or picture in any broadcast, telecast, or other written account of the event. I understand that bicycles, in-line skates, skateboards, and scooters are not permitted.*

_____/____/_____

Runner's/Walker's Signature *Date*

_____

Signature of Parent or Guardian (If under 18)

For more info or to register on-line, visit our web site at: www.LEXRAH.org. Also, email us at info@lexrah.org or call Ray Renner at 359-7770, ext. 20.