

# *The 33rd Running of the Rock Hill Striders Great Pumpkin Road Race 5K and Fun Run*

*For Pilgrim's Inn  
A South Carolina Grand Prix Event*

**Date:** October 29, 2011

**Location:** The race will be held at the Dinkins Hall at Winthrop University near downtown Rock Hill, SC.

**Address for Dinkins Hall:** 510 Myrtle Drive, Rock Hill, SC

**Directions:** Take I-77 to exit 82-B, Cherry Road, go 3.2 miles and turn left onto Oakland Ave. Dinkins Hall is 1/4 mile on the left. Parking is behind Dinkins Hall (turn left on Myrtle Drive or Sumter Ave.)

**Starting Time:** The 5-K road race will begin at 9:00 AM. The Fun Run will begin at 9:45 AM.

**Packet Pick-Up & Race Day Registration:** At the race site the morning of the event from 7:00 to 8:45 AM.

**Race Course:** The race will run from Dinkins Hall to and around the Winthrop Lake and back. This is a scenic 5k course with a few rolling hills (**certified course**).

**Charity: Pilgrim's Inn:** Pilgrims Inn is a not-for-profit organization serving Rock Hill and surrounding communities of York County, SC. Individuals and families who are homeless, at risk of homelessness or are having trouble providing for their basic needs are helped. Pilgrim's Inn website: <http://pilgrimsinn.org>

**Race Results:** Will be posted on the Rock Hill Striders website: <http://rockhillstriders.wordpress.com>

## **REGISTRATION & AWARDS**

Early registration rates valid if postmarked on or before October 24, 2011

**Mail to:**  
Rock Hill Striders  
PO Box 751  
Fort Mill, SC 29716

**Make checks payable to: Rock Hill Striders**  
**Online registration at:**  
<http://www.strictlyrunning.com>

Fees:

Early registered runners/walkers \$15.00 no shirt

Early registered runners/walkers \$20.00 with *cotton long sleeve shirt*

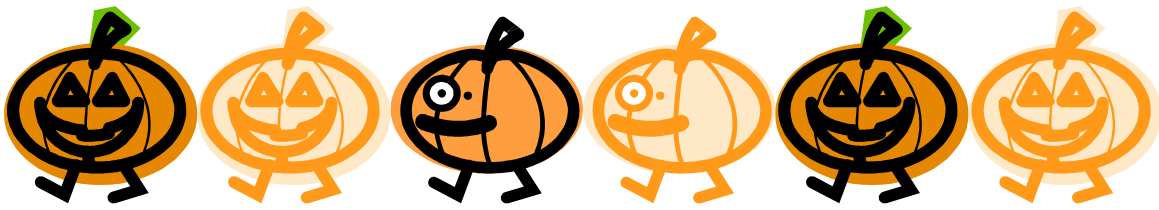
Fun run is free – participants must register: *shirts are available for \$10 while supplies last*

**Race Day registration is \$30 for the 5K** (*cotton long sleeve shirts while supplies last*).

**Race Day registration will be \$25** (*if no shirts are available*).

**5K Awards: Festive Pumpkin Awards to: Male & Female Overall & Masters winners**  
**+ Age Groups: 1-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 & over**  
**All Fun Runners receive an award**





Please Circle Event:            5K Run                            Fun Run  
 Amount for the event:            \$ \_\_\_\_\_  
 Donation: Pilgrims' Inn:        \$ \_\_\_\_\_  
 Total enclosed:                    \$ \_\_\_\_\_        (All fees non-refundable)

**Please Print:**  
**Date of Birth:** \_\_\_\_\_ **Age on October 29, 2011** \_\_\_\_\_

**Name** \_\_\_\_\_

**Please circle:**    **Male**            **Female**

**Address:** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Waiver:** (Must be signed by the participant): In acceptance of entry, I for myself, my heirs and assigns, release The Rock Hill Striders, Winthrop University, sponsors, officials and volunteers from any and all liability arising from illness, injury or damages that I may suffer as a result of my participation in, traveling to, or traveling from this event. I realize that this is a strenuous event that requires proper physical conditioning. I hereby certify that I am in such physical condition and good health. I know that there may be traffic on the course. I assume the risk of this event. I also give my permission for free use of my name and picture in broadcast, telecast or written account of the event. I understand that my entry fee is non-refundable.

Signature (parent if under 18): \_\_\_\_\_ Date \_\_\_\_\_

**Race Day registration is \$30 for the 5K** (cotton long sleeve shirt while available).

**Race Day registration will be \$25 for the 5K** (if no shirts are available).

<b>T-shirt Size Circle:</b>	Child Large	Adult Small	Adult Medium	Adult Large	Adult XL	None
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*Shirts are only guaranteed to preregistered runners/walkers*

**Make checks payable to:        *Rock Hill Striders***

