

# Folly Beach 10 mi. Run & 5 mi. Walk

November 13, 2010

## SCHEDULE

8 am

8 am Start

Race Day registration /Pkt pick up  
6:15-7:45am

Packet pick up/ registration will also  
be held Fri Nov 12, noon-5pm at the  
Extra Mile 336 King St. Charleston, SC



## DIRECTIONS

Folly Beach is approx. 15 mi west of  
Downtown Charleston.

Hwy 171 (Folly Rd) ends at Folly Beach  
Access Hwy 171 from either SC-30  
(James Is. Bridge) or from Hwy 17.

## REGISTRATION FEES:

Run: \$35 thru Nov. 6/ \$45 after & race day  
Walk: \$20 thru Nov. 6/ \$30 after & race day  
Teams: \$50 thru Nov. 6/\$60 after & race day

*Long sleeved, customed designed shirts  
will be given. Shirts not guaranteed for late entry.*

## AWARDS

Top 3 overall M/F, Top 3 age grp. M/F  
First Masters M/F, First mixed team, male team  
and female team. Presented along with  
post race refreshments following the event.

*Standard five yr age grps will be  
used/ no duplication of awards*

## RESULTS

Results will be posted at  
www.theextramileinc.com

Race starts/finishes in front of the Holiday Inn  
"Charleston on the Beach" hotel at 1 Center St.  
Folly Beach, SC 29439

Runners will do the same 5 mi loop  
twice. Walkers will do the loop once.  
Very flat and fast. TEAMS: 2 runners. Each team  
member will complete one five mile loop of  
the 10 mile course. .

## NO REFUNDS/NO EXCEPTIONS

*Race will be held rain or shine*

## RACE INFO

The Extra Mile 336 King St.  
Charleston, SC 843-853-9987  
www.theextramileinc.com



REGISTER ONLINE @ACTIVE.COM

**Pay and send to: Logman Racing, PO Box 13956, Charleston, SC 29422**

First Name

Last Name

T-shirt size S M L XI

St. Address

City

State

Zip



I am registering for: **RUN** **WALK** **TEAM**

Birthdate

Age

MIF

If Team: **Mixed** **Male** **Female**

*Please circle*

Team Name \_\_\_\_\_

E-mail \_\_\_\_\_

Each team member must complete a form  
and turn them in together

Ph# \_\_\_\_\_

**Emergency Contact & Ph#**

LIABILITY WAIVER & RELEASE Upon acceptance of my entry, I, for myself, my heirs & assigns, hereby release the Extra Mile, Logman Racing, the City of Folly Beach, and any employees, sponsors, volunteers, and officials of the 2010 Folly Beach 10 Mile Run and 5 Mile Walk from any and all liability arising from illness, injury, or death I may suffer as a result of participation in this event. I attest that I am physically fit and have sufficiently prepared for this event and I am aware that my participation, in some circumstances, could result in physical injury. Should officials determine that completion of this event would be injurious to my health, I consent to be removed and treated by the medical personnel in attendance of their direction. I give permission for free use of my name and picture in any broadcast or written account of this event. I understand that my entry fee is NONREFUNDABLE. Pets, cycles, baby strollers, and headphones are not allowed on the course for safety reasons. Although traffic is controlled by local law enforcement, each participant is responsible for their own safety while participating in this event.

Date

Signature of Participant

And of Parent/Guardian if under 18

Folly Beach