

July 4th Cross Country Run

5K XC Run

July 4, 2010

8am

Trophy Lakes

Johns Island, SC

SCHEDULE

Race Start 8:00am

Late Registration/Pkt Pick up:

Race morning at Trophy Lakes
6:45-7:45 am

COURSE

5K cross country run on dirt trails.
Completely flat and well marked

REGISTRATION FEES:

Early: \$20 with shirt/\$15 without

Late(June 27 thru race day):

\$25 with shirt/\$20 without

T-shirts not guaranteed for late entry

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

The extra mile
Running shop



Business Processing for the 21st Century



CAROLINA
Waterski School Inc.
@ Trophy Lakes, Charleston SC

Sand Dollar
SOCIAL CLUB



DIRECTIONS

Trophy Lakes 3050 Marlin Rd.,
Johns Is. SC, 29455. Take Maybank Hwy
(Hwy 700), right onto Sailfish Dr just past
River Rd. Left onto Marlin. (*Look for signs*)

See www.carolinawaterskischool.com for
Directions, lodging/camping info,
water ski lessons, rentals, and more.

AWARDS

Top 3 overall M/F, Top 3 age grp. M/F
Top Masters(40+) M/F, (*Standard 5 yr age grps*)

There will be post-race refreshments
along with the awards ceremony.

RESULTS

Results will be posted at
www.theextramileinc.com

REGISTER ONLINE @ACTIVE.COM

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

-----		T-shirt size	S M L XI NONE
First Name	Last Name		

St. Address	City	State	Zip

Birthdate	Age	M/F	E-mail address

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, Trophy Lakes, Carolina Waterski School, Johns Island and any employees, sponsors, volunteers, and officials of the 2010 Fourth 5K XC Run 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.

Date

Signature of Participant

And of Parent/Guardian if under 18

July 4th