



The Fourth Annual
Lowcountry Earth Force
and
Keep Charleston Beautiful

Green and Lean 5K

5K Run to promote a cleaner environment through education and action

Saturday • October 10, 2009 • 8:00 am • Brittlebank Park, Charleston, SC

Race Course

This USA TF certified 5K begins at Brittlebank Park, passes by The Citadel campus, circles around Hampton Park and concludes back at Brittlebank Park.

Race Day Schedule

7:00 am Packet pick-up begins
7:00 - 9:00 Silent auction
7:15 am Late registration
8:00 am 5K Run
8:30 am Live entertainment
9:00 am Awards ceremony

T-shirts

Shirt pick up starts at 7:00 am on race day. If no size was marked on your registration form you will be given a large shirt. T-shirts will be available on a first come basis for day of race registrations.

Registration

Received on or before October 8, 2009:
Individuals- \$20 ; Students grade 12 and under- \$10
Team registration (5 or more)- \$15 per person
Received after October 8, 2009:
All registrations- \$25

Awards

Awards will be given to the **top three overall M/F** winners.
Age group awards will be given to the **top three M/F** in each division:
14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54 and Masters 55+
* Divisions must have at least 5 individuals for awards to be given to top 3 runners.

Silent Auction

Before and after the race, you will have the opportunity to bid on a variety of goods and services from local merchants.

Please make check payable to Lowcountry Earth Force
Please Print Clearly

Mail registration to: PO Box 22583 Charleston, SC 29413

First Name _____ Last Name _____ Age _____ Date of Birth _____

Address _____ City _____ State _____ Zip _____

Sex _____ Expected Time _____ Circle T-shirt Size: S M L XL Daytime Phone _____

Email _____ Where did you see this flyer? _____

Registering as a team? Y / N If Yes, team name _____

Liability Waiver and Release: In consideration for the acceptance of entry, I for myself, my heirs, and assigns, hereby release the sponsors, race workers, and officials for this race from any and all liability arising from illness, injuries, and damages I may suffer as a result of participation in such event. I attest that I am physically fit and sufficiently trained for this event, and am aware that participation in this event could, in some circumstances, result in severe physical soreness or injury. I also give permission for free use of my name and picture in any broadcast, telecast, or written account of this event. I understand that the entry fee I pay is NON-REFUNDABLE. Should road race officials determine that completion of this event would be injurious to my health, I consent to be removed from the course and treated by the physician in attendance or of their discretion. Should the race be canceled for any reason, T-shirts will be mailed to all entrants in lieu of a refund.

Signature of Participant _____ Date _____
Parent/Guardian if under 18

All proceeds from this race will benefit Lowcountry Earth Force and Keep Charleston Beautiful.
Due to scheduling and permitting, the race will be held rain or shine! No refunds or exceptions.