



Allendale County 'Cooterfest - 5k' Fitness Run/Walk

The Boy's & Girl's Club of Allendale invites all to 'get off the couch' and participate in the:
**1st Annual
Cooterfest 5k Run / 5K Walk
USATF Certified Course (#pending)
May 8th, 2010**

REASONS TO PARTICIPATE:

- Take the 1st step towards personal fitness
- Support your local community Fun & Prizes!!!

SCHEDULE

PACKET PICKUP & LATE REGISTRATION

Date: Saturday, May 8th
Location: 292 Barnwell Hwy. (@ Courthouse)
Time: 6:30am - 7:30am

RACE DAY

Race Starts: 8:00am
Awards: Immediately following race at the Allendale County Courthouse

AWARDS & AGE GROUPS

- Overall top three 5K male and female finishers awarded.
- The top 3 finishers in each age category receive awards in the following divisions:

Men & Women

12 & under,	35-39,	50-54,	70+
13-19,	45-49,	55-59,	
20-24,	30-34,	60-64,	
25-29,	40-44,	65-69,	

*Clydesdale Division (200+lbs)

- Master's Male & Female (top finisher of 40 years & older).
- Beat the course record and receive a \$100 cash prize. As this is the inaugural race, the course record will definitely be set!
- Overall winners ineligible for age group awards.

Remember – anyone who participates is a winner!!

CONFIRMATION & PACKET PICKUP

No race packets will be mailed. Confirmations will be e-mailed to those who include their e-mail address on their entry form. Race packets need to be picked up before 7:30am on race day.

WATER STATIONS

At least one water station will be located halfway at approximately the 1.5-mile mark, and at the Finish.

COURSE DESCRIPTION

The course is fairly flat and fast. It starts on Courthouse Square next to the historic Allendale County Courthouse, and turns through a series of historic neighborhoods on the Northeast edge of Allendale; then down highway 301 in front of the USC Salkehatchie Campus. The run finally turns back up Courthouse Square and finishes near the Starting line.

TIMING AND RESULTS

Timing chips will be used to record official race times. Results will be posted on the Strictly Running website the afternoon following the race.

DIRECTIONS

Traveling South on Hwy 301 (from Bamberg)

Approximately one mile from the edge of town, turn right onto Courthouse Square, proceed 1 block to Courthouse straight ahead.

Traveling South on Hwy 278 (from Barnwell)

Located on Hwy 278 at the Courthouse within one block of the intersection of Hwy 278 & Hwy 301.

Traveling North on Hwy 278 (from Fairfax & Hampton). Turn right onto Hwy 301 at the lights and follow 301 for about 5 blocks and turn left on Courthouse Square. Proceed 1 block to Courthouse straight ahead.

PROCEEDS

Each year proceeds will be used to benefit a community project or non-profit organization. This year's beneficiary is the Allendale Boy's & Girls Club, who provide after school care for local children.

Contacts

- **Race Director:** Tommy "Gun" Ricks
Cell #: (803) 671-4659
- **Assistant Director:** Deshawn "Flash" Maner
Cell #: (803) 686-1808
- **Assistant Director:** Tony Costa
Cell #: (803) 460-5048

NOTES:

- *All registered runners eligible for race day drawing.
- **Race will take place "Rain or Shine" – as this an event for charity there are *no refunds*.

For More Information go to:

www.cooterfest.com
www.strictlyrunning.com

**Cooter 5K Run & 5K Walk
Saturday May 8th, 2010, 8:00a.m.
USTF Certified Course (# pending)**

I wish to participate in (check one) 5K RUN 5K WALK

Last Name: _____

First Name: _____ MI: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: () _____

email: _____

Birth Date (month/day/year): _____

Age on Race Day (05/08/10): _____

Sex: Male: Female:

T-shirt Size (Included in Entry Fee)

ADULT: S M L XL XXL

YOUTH: S M L

T-shirts guaranteed for those registered by April 30th

ENTRY FEES:

	Runners	Walkers	Students	Children (8 - 12)
Before April 30 th	\$20	\$18	\$10	\$5
May 1 - May 8	\$25	\$20	\$15	\$5

Children under the age of 8 can accompany parents for free.

Make checks payable to 'Cooter Run'
C/O Deshawn Maner and mail to:

**Cooterfest 5k Fitness Run/Walk
PO Box # 253, Fairfax, SC 29827**

Liability Waiver & Release: I know that running a road race is a potentially hazardous activity. I will not enter and participate unless I am medically able. I assume all risks with running this event, including but not limited to falls, contact with other participants, effects of weather, including high heat and humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, myself and anyone entitled to act in my behalf, waive and release all representatives in connection with this event, including the City of Allendale, race committee, race officials, volunteers, and all sponsors, from all claims or liabilities of any kind arising out of my participation in this event.

Publicity Waiver: I grant permission for photos, motion pictures, recordings, and any other record of this event for any legitimate purpose.

I agree to accept the decisions of the officials as final.

Signature

(Guardian must sign if competitor under 18)

Date

On Line Entry available:
www.strictlyrunning.com

Allendale County 'Cooterfest - 5k' Fitness Run/Walk

Course Map:
USATF Certified 5k Course (# pending)

DATE: Sat, May 8th, 2010 @ 8am

