

♥ Sweetheart Sprint 5K Run/Walk ♥

Benefiting A-H Regional Friends of Hospice

Saturday, February 6, 2010

Race Day Registration – 7:30 AM ♥ Race Start – 9:00 AM

hosted by Beta Sigma Phi

Warm up your winter and celebrate Valentine's Day with a healthy, fun run/walk benefiting the Allendale-Hampton Regional Friends of Hospice.

- ♥ **Race:** Course length is 3.1 miles within the Town of Hampton beginning at Nell Lightsey Park/Gazebo. Runners, walkers, strollers, wagons, and wheelchairs are welcome (no rollerblades, skateboards, bikes, or pets).
- ♥ **Registration Fee:** \$15 postmarked by February 1; \$20 on Race Day. Registration includes a T-shirt (guaranteed with pre-registration only), refreshments and fun prizes.
- ♥ **Pre-Registration Packets:** Race numbers and information will be available for pick up on race day.
- ♥ **Age Divisions:** 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over. Awards ceremony following race will recognize the winner and runner-up in each age division.
- ♥ **FUN RUN:** FREE FUN event for children age 12 & under before awards ceremony.
- ♥ **Cupid Contest:** All participants are encouraged to come dressed in the spirit of Valentine's Day, and special prizes will be given to the best-dressed Cupids!

For more information contact Kari Foy at 803-943-5020

RACE ENTRY FORM

Drop completed registration forms with payment at any of these locations:

♥ Paisley Pineapple ♥ Palmetto State Bank (Hampton or Allendale) ♥ Wiggins & Son Hardware ♥

or mail to: ♥ Shannon Zeigler, 308 Helen Street, Hampton, SC 29924 ♥

Make checks payable to "Beta Sigma Phi" ♥ All proceeds benefit A-H Regional Friends of Hospice

5K Walk/Run: \$15 (before February 1, includes T-shirt) \$20 (Race Day, T-shirts while supplies last)

Fun Run: Free (12 & under, T-shirt with full registration only)

Last Name	First Name
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Address	City	State	Zip
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Gender	Age	Phone	Email
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T-shirt Size (circle)	YS	YM	YL	S	M	L	XL	XXL
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WAIVER: This is a legal document. Read it carefully. In consideration of your accepting the entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators waive all rights and claims of damage I may accrue against the Town of Hampton, Beta Sigma Phi and the persons and organizations affiliated with the race, any sponsors, volunteers and committee members, for any and all injuries suffered by me or en-route to or from the Sweetheart Sprint. I acknowledge that I have read and understood all of the above. I grant my permission to allow photo and/or other video images of myself to be used for promotional or information purposes.

Signature (if under 18, parent signature required)

Date