



All proceeds benefit the **march of dimes**[®]

Saturday, March 29th

Registration starts at 8:00AM

5K Start time at 9:00AM

Trinity Baptist Church

210 W. S. 6th Street, Seneca



5k Walk/Run

Entry Fees:

- Early Registration, through 3/14 = \$25 ↔ Free T-shirt Guarantee!
- Late Registration, 3/15 - 3/28 = \$30
- Day of Registration = \$35

5k Participants will receive a runner's bag filled with goodies !

Awards will be given, but the greatest award is in going the extra mile for babies!

5k Participant Information:

Please circle the below:

Name: _____

T-Shirt Size: S M L XL

Address: _____

Gender: Male Female

Age Range: 6-12 13-19 20-29 30-39

40-49 50-59 60-69 70+

City State Zip

Emergency Contact: _____ Phone: _____

- Mail registration form and entry fee to: Oconee Medical Center Attn: Wellness Center
298 Memorial Drive, Seneca, SC 29672
- Or return in person to the Wellness Center at OMC (inside Tower Lobby across from Gift Shop)
- You may register online at Active.com (\$3.95 charge on Active.com for online payments)

Kid's Fun Run

Register day of race.

Children ages 6 and under can participate in a kid's race for \$5 and receive a participation medal at awards ceremony.



Race will be held prior to awards ceremony as results are being calculated, around 10:15AM

Waiver: I fully understand that running a road race is a potentially dangerous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the course. I assume all risks associated with running in this event, including but not limited to falls, contact with another participant, the effects of the weather, traffic and the condition of the roads. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, myself and anyone entitled to act on my behalf, waive and release the City of Seneca, Oconee Medical Center, race officials, volunteers and all sponsors from all claims and liability of any kind arising out of my participation in this event.

Signature _____ Date _____