5K (3.1 miles

A USATAF Event

Member of
Tour de Columbia

12th Annual Resurrection Run 5K and Power Walk

Commemorating the run/walk that Mary, Peter, John and others made to and from the empty tomb of Jesus on Resurrection Day, and providing service, ministry and outreach for widows.

Saturday, March 30, 2013 - Columbia, SC

Postmark for ***"Early Registration:*** $20 - on or before March 16, 2013. **Late registration entry fee $25**; **$30 – Day of race fee**.

Race Location: Same as Cold Winter's Day 5K

Register online at www.active.com

Certified Course – SC 00032BS

SCHEDULE OF EVENTS:

7:30 am	Late registration and packet pickup
7:45 am	Opening festivities
8:10 am	Aerobics/Warm Up
8:30 am	Official start of Run/Walk
9:45 am	Post event awards:

1st overall m/f;
5-year breakdown,
Masters; 1st, 2nd, 3rd, in each category

NO DOUBLE DIPPING -- ONE PRIZE PER WINNER.

----------Complete, sign, cut and return form ✂----------

Resurrection Run/Walk 5K (Run for Widows) Registration Form

Name: _____*Date of Birth:*_____ *Age on race day:* _____ *M/F*_____

email address: _____

Address: _____*City:*_____ *State:* ____*Zip*_____*Phone:*_____

Please Circle Event: *5K Run* or 5K *Power Walk* ***Circle Shirt Size:*** *S M L XL 2X(add $2) 3XL(add $3)*

Entry Fee …by 3/16 ☐ $20; ☐ $25 **after 3/16**; ☐ $30 **Day of Race** Total enclosed:_____

Please read and sign waiver below before mailing. Make check payable to Resurrection Run, and

Mail to: Resurrection Run, c/o ATC Life Changing Ministries, PO Box 21067, Columbia, SC 29221

Please sign the waiver below:

Waiver: I know that running or walking in a road race is a potentially hazardous activity. I know that I should not enter and run or walk unless I am medically able and properly trained. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigned, or anyone acting in their behalf, from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of the course of my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen, known, or unknown. I also agree for use of my photo in race promotions. Applications for minors accepted only with a parent or guardian's signature.

Signature _____ **Date** _____ **Signature** _____ **Date** _____

Parent or guardian signature (*If under 18 years)*

Amenities:
T-shirts guaranteed to all pre-registered runners. Subject to availability for race day entries. After run or walk, enjoy food and drinks provided by our sponsors. Medical assistance.

Awards:
Awards will be given to age group and overall winners.

Volunteers:
This event cannot go on without volunteers.
No experience necessary.
Call 803-781-0801 or 803-269-3486.

SCHEDULE OF EVENTS

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1st overall m/f;
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Masters; 1st, 2nd, 3rd, in each category

NO DOUBLE DIPPING -- ONE PRIZE PER WINNER.

Resurrection Run is a local benefit for
ministry service and outreach programs for widows.
For more information, write to:
trudence@bellsouth.net; womenministries@yahoo.com
or call: Gert Thompson, (803) 781-0801 or (803) 269-3486

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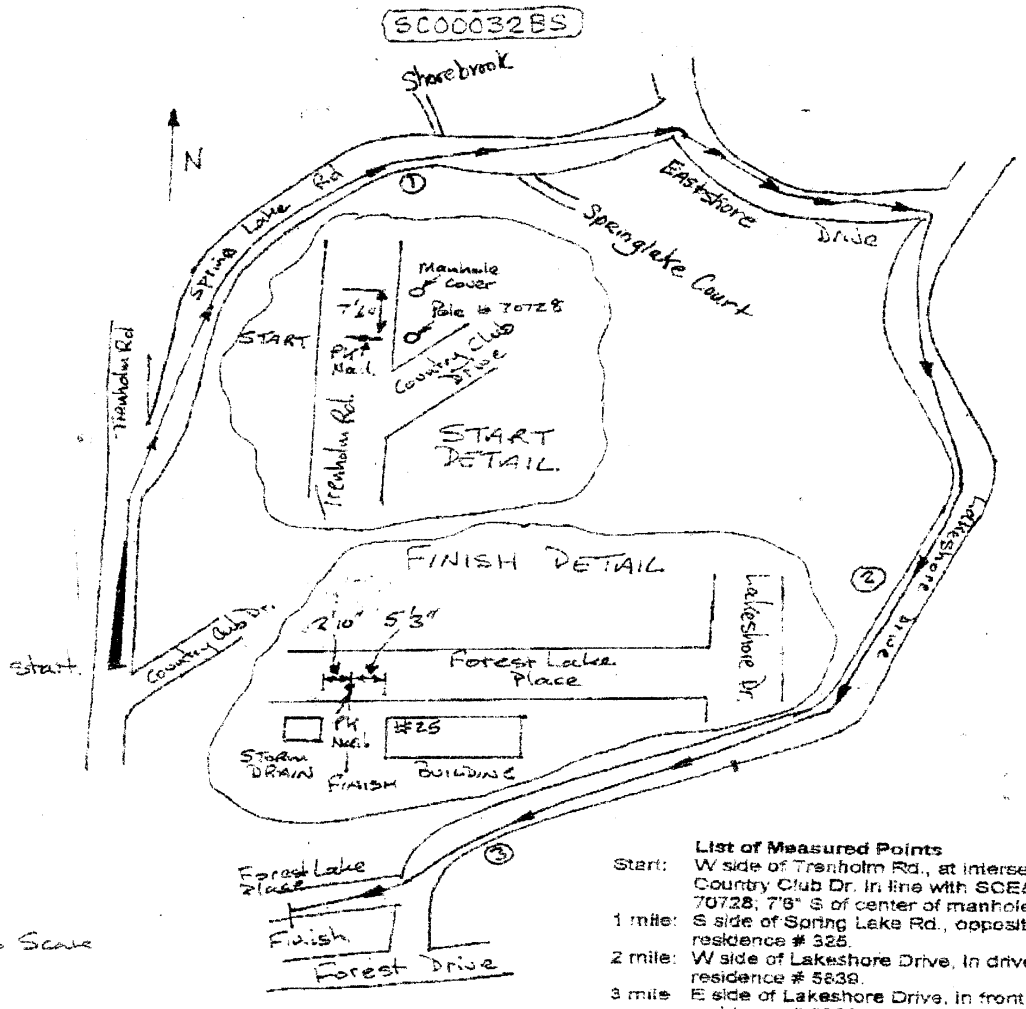
SAME COURSE AS:
COLD WINTER'S DAY 5K
Columbia SC, 2000

Course Map



List of Measured Points

Start: W side of Trenholm Rd., at intersection with Country Club Dr. in line with SCE&G pole # 70728; 7'6" S of center of manhole cover.
1 mile: S side of Spring Lake Rd., opposite door of residence # 325.
2 mile: W side of Lakeshore Drive, in driveway to residence # 5839.
3 mile: E side of Lakeshore Drive, in front of residence # 5038.
Finish: S side of Forest lake Place, 5'3" E of East edge of building # 25 Forest lake Place; 2'10" W of W edge of storm drain.