

# 7th Annual Jingle Bell 5K

## Run & Walk

Palmetto Grand Prix Race – USATF CERTIFIED COURSE sc08033bs

*Proceeds go toward promoting health & exercise programs for Kershaw County Youth*

### Saturday, December 3, 2016 @ 8:00am

**LOCATION:** Fitness Zone, 814 Hwy 1 South, Lugoff, SC / (803) 438-3811

**REGISTRATION:** Online @ [www.strictlyrunning.com](http://www.strictlyrunning.com) or registration form below

**ENTRY FEES:**

Registration	\$25.00
Late Registration (after 11/12/16)	\$30.00
Race Day Registration (12/03/16)	\$35.00

The Jingle Bell Run is chip-timed and is part of the **Tour de Columbia**. Awards for the top three males & females in each age group will be given. Overall awards are given for the top male and female winner. Overall winners are not eligible for age group awards.

**Packet pick-up @ Fitness Zone: Friday, 12/02/16, 12:00 PM – 8:00 PM, or on race morning @ 7:00AM**

~Race shirts guaranteed with all 5k registrations prior to 11/12/16~

**EVENT (please circle):**    **5K Run**                      **5K Walk**

RACE DAY AGE    BIRTHDAY    /    /    \_\_\_\_\_

Name: \_\_\_\_\_ **CIRCLE: Male / Female**

Address: \_\_\_\_\_

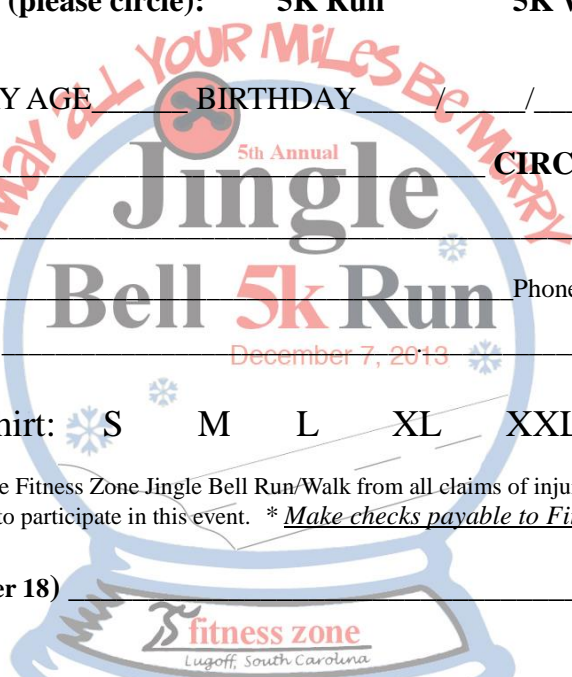
Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact (Name & Phone): \_\_\_\_\_

T-Shirt:     S     M     L     XL     XXL

The entrant releases sponsors and officials of the Fitness Zone Jingle Bell Run/Walk from all claims of injury or damages resulting from participating in this event. I am in proper physical condition to participate in this event. \* Make checks payable to Fitness Zone

**Signature (Parent or Guardian if under 18)** \_\_\_\_\_ **Date:** \_\_\_\_\_



**Mail to: Fitness Zone, P0 Box 459, Lugoff, SC 29078**  
**Or Register online at: [www.strictlyrunning.com](http://www.strictlyrunning.com)**