



Kiwaniis
MONCKS CORNER



38th Annual Run for Thanks
A Palmetto Grand Prix Race
For the benefit of the Terrific Kids Program
Saturday, November 18th, 2023

LOCATION: Village of Pinopolis

COURSE DESCRIPTION: USATF Certified, 5K run in historic Village of Pinopolis with views of Lake Moultrie.

EVENTS & TIMES: 5K Run & 1 mile Health Walk 9:00 am. Awards Ceremony starting about 10 am.

REGISTRATION & AWARDS: Pinopolis Community Church, 1833 Pinopolis Rd., Pinopolis, SC.

AGE DIVISIONS: Males & Females: under 14; 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

PRIZES: (5K run only) **Overall winners, male and female:** 1st Place \$50, 2nd Place \$25, 3rd Place \$15.

ENTRY FEE: Runners – \$35 (includes shirt) Walkers – \$35 (includes shirt)

*****Terrific Kids Recipients – no cost to participate but must register @ strictlyrunning.com*****

Registrations accepted after November 1st, 2023 are not guaranteed a shirt.

In addition to the entry fee, runners/walkers are requested to bring canned goods, which will be distributed to a local food bank. There will be a Fall festival with food & crafts at the finish line at Pinopolis United Methodist Church.

MAKE CHECKS PAYABLE TO: MC KIWANIS CLUB and mail to PO BOX 1202, MONCKS CORNER, SC 29461

ENTRY FORM or REGISTER ONLINE: www.strictlyrunning.com

I will enter (circle one): Health Walk 5K Run **T-Shirt Size (circle one):** No Shirt Youth/Adult: S M L XL XXL

Name _____ **Age** _____ **Gender** _____ **Birthdate** _____

Emergency Contact & Phone: _____

Email: _____ **Awarded Terrific Kids certificate? Yes / No**

Amount Enclosed: _____ **OR pay by cash, check, or credit/debit card onsite on the day of the event.**

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection may be provided, there will be traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. I hereby release sponsors and officials of the Moncks Corner Kiwanis Club from all claims of injury or damage resulting from participation in the 5K run and the health walk. This release and waiver will extend to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

SIGNATURE _____

PARENT'S SIGNATURE (IF UNDER 18) _____

Proceeds will provide funding support for the Moncks Corner Kiwanis Club Terrific Kids Program, a character development program in our local elementary schools.