



The Fifth Annual

# Green and Lean 5K

Hosted by: Keep Charleston Beautiful and Friends of KCB

**5K Run/Walk to promote a cleaner environment through education and action**

\*Strollers and leashed dogs are welcome\*

**Saturday • May 22, 2010 • 8:00 am • Brittlebank Park, Charleston, SC**

### Race Course

This USA TF certified 5K begins at Brittlebank Park, passes by The Citadel campus, circles around Hampton Park and concludes back at Brittlebank Park.

### Registration

Received on or before May 20, 2010:  
Individuals- \$20 ; Students grade 12 and under- \$10  
Team registration (5 or more)- \$15 per person

### Race Day Schedule

7:00 am Packet pick-up begins  
7:00 - 9:00 Silent auction  
7:15 am Late registration  
8:00 am 5K Run/Walk  
9:00 am Awards ceremony

### Awards

Cash Awards will be given to the **top overall M/F** winners. Prize Awards will be given to the **overall 2nd & 3rd Place M/F** winners. Age group awards will be given to the **top three M/F** winners in each division:  
14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, Masters 55-64, Grand Masters 65+  
Prizes will be given to 1st dog and 1st stroller to finish. All runners are entered into a raffle for additional prizes.

### T-shirts

Shirt pick up starts at 7:00 am on race day. If no size was marked on your registration form you will be given a large shirt. T-shirts will be available while supplies last for day of race registrations. Extra shirts will be sold after the race.

### Silent Auction

Before and after the race, you will have the opportunity to bid on a variety of goods and services from local vendors.

Please make check payable to Friends of Keep Charleston Beautiful.  
Mail registration to: Friends of KCB, P.O. Box 22156 Charleston, SC 29413

Please Print Clearly

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex \_\_\_\_\_ Expected Time \_\_\_\_\_ Circle T-shirt Size: S M L XL Daytime Phone \_\_\_\_\_

Email \_\_\_\_\_ How did you hear about the race? \_\_\_\_\_

Registering as a team? Y / N If Yes, team name \_\_\_\_\_

**Liability Waiver and Release:** In consideration for the acceptance of entry, I for myself, my heirs, and assigns, hereby release the sponsors, race workers, and officials for this race from any and all liability arising from illness, injuries, and damages I may suffer as a result of participation in such event. I attest that I am physically fit and sufficiently trained for this event, and am aware that participation in this event could, in some circumstances, result in severe physical soreness or injury. I also give permission for free use of my name and picture in any broadcast, telecast, or written account of this event. I understand that the entry fee I pay is NON-REFUNDABLE. Should road race officials determine that completion of this event would be injurious to my health, I consent to be removed from the course and treated by the physician in attendance or of their discretion. Should the race be canceled for any reason, T-shirts will be mailed to all entrants in lieu of a refund.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_  
Parent/Guardian if under 18

*All proceeds from this race will benefit Keep Charleston Beautiful and Friends of KCB.  
Due to scheduling and permitting, the race will be held **rain or shine!** No refunds or exceptions.*