

2014

Recovery Road Race

Sponsored By:



A CENTURY STRONG

TUOMEY HEALTHCARE SYSTEM

Galloway & Moseley

FINE JEWELERS SINCE 1935



April 12, 2014

Earth Day 2014



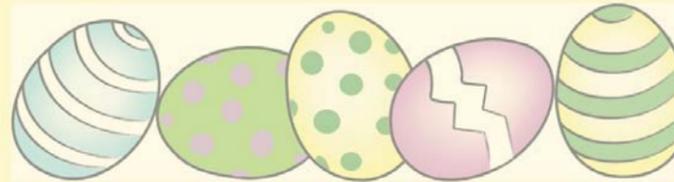
8 am - 12 pm
Swan Lake Iris Gardens

(Bland Gardens by the Gazebo Side)

Live Entertainment, Green Vendors & Educators,
Green Activities and more...FREE admission!



Easter Egg Hunt
10 am - 1 pm
Bland Gardens



For more information call
803-436-2640

2014
Recovery

ROAD
RACE

5K/10K Run/Walk

presented by



A CENTURY STRONG

TUOMEY HEALTHCARE SYSTEM

Saturday, April 12, 2014
Swan Lake Iris Gardens,
Sumter, South Carolina



2014

Recovery Road Race

The 2014 Recovery Road Race begins at Heath Pavilion, located at the end of Garden Street adjacent to Swan Lake Iris Gardens, and ends at the Heath Gardens of Swan Lake. The 5K route is USATF certified and is part of the 2014 Palmetto Grand Prix. Prizes will be awarded to overall male and female winners and to age group leaders. The proceeds from this annual race will benefit a recovery-related organization here in Sumter. This year, emphasis is on physical and spiritual recovery. All proceeds will go to The Sounds of Grace whose mission is to bring music into healthcare facilities, assisted living communities and special needs classrooms at no cost to the facility. Come on out and be able to say you took part in the fourth annual Recovery Road Race!

Entry Fees:

10K Run/Walk

Online and Mail-In on or before April 6, 2014: \$25

Online and Mail-In after April 6, 2014 (including race day): \$30

5K Run/Walk

Online and Mail-In on or before April 6, 2014: \$20

Online and Mail-In after April 6, 2014 (including race day): \$25

Participants who register before April 6, 2014 will receive a commemorative T-shirt.

Start Time:

Registration at Heath Pavilion: 7:30 a.m.

Race Start: 9:00 a.m.

Strollers welcome.

No pets, please.

Ways to Register:

1.) Online at www.strictlyrunning.com. Race route and other information can be found online at <http://www.sumtersc.gov/recreation.aspx>.

2.) Mail in attached registration form to City of Sumter, Attn. Susan Wild, PO Box 1449, Sumter, South Carolina 29151. Make checks payable to Recovery Road Race. *No cash, please. Do not send registrations after April 5, 2014.*

3.) Drop off registration form and check at one of the following locations: Sumter Family YMCA, Bronwyn McElveen at the Sumter County Courthouse or any of the staff at the Swan Lake Visitors Center. Please make checks payable to Recovery Road Race. *No cash, please. Deadline for drop-off is April 9, 2014 at 5:30 pm.*

Packet Pick-up

Participants must pick up their timing chips and bibs the morning of the race at Heath Pavilion, located at the end of Garden Street next to Swan Lake Iris Gardens, starting at 7:30 a.m. Parking will be available next to the Heath Pavilion for all participants.

Race Day Registration

Participants can register the day of the race at Heath Pavilion at the higher rates listed. Participants who register the day of the race are also not guaranteed to receive a T-shirt, so register early!

RACE ROUTE



RECOVERY ROAD RACE REGISTRATION FORM

Name _____

Date of Birth _____ Gender () Male () Female

Address _____

City _____ State _____ Zip Code _____

Phone _____ E-mail _____

Emergency Contact Name _____

Phone _____

Select Event (Please check one)

() 10K Run/Walk () 5K Run/Walk

Adult T-Shirt Size

() Small () Medium () Large () XL () 2X

Athlete Release

I understand 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 assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the condition of the road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release the City of Sumter and Young Professionals of Sumter, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Athlete's Signature (Parent Signature if under 18)

Emergency Contact and Phone