



Seth's Hope 5K Run/Walk Health Expo

Proceeds will benefit Seth's Hope Ministry. Through our Health Expo we want to create an awareness of how to feel better and live longer.

Date: April 25, 2015

Registration begins at 7:30a.m.

Race begins at 8:30a.m.

ENTRY FEES

5K Run/Walk: \$25.00
1 Mile Fun Walk: \$10.00

PLACE

Carol Ray Dowling Center, 509 Hubbard Drive, Lancaster, SC 29720 – Located near University of South Carolina – Lancaster

HOW TO REGISTER

1. Online at www.jackrabbittiming.com
 2. In person day of race
- **VISA, Mastercard, Discover Credit Cards Accepted**



Awards

Top finisher in the following age groups for male and female:

- 13 & under
- 14-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60 & over

Drawstring bags for all entries. Register with vendors for prizes including gym memberships

PRIZES

Seth's Hope was started by Seth Muennich's youth group to honor his memory. It was a small group effort that started by providing Christmas for 37 children and their families.

Over the next few years as the story spread more youth groups in the community and clubs wanted to be a part of Seth's Hope. This project continues to grow and help meet clothing and food needs for many students in our county throughout the year.

Health Expo Vendors include....

Curves	Girls on the Run	Lancaster Parks & Rec
Island Sun	Rebound	Lancaster Sheriff's Dept
Gregory Health 'n Fitness	Tastefully Simple	Eat Smart Move More
Back to Balance Massage Therapist	Pampered Chef	Golden Care Adult Day
CVS Minute Clinic	Community Blood Center	
Senior Helpers from Council on Aging.....and more!	

Official Entry Form

(One entry per form. Please print clearly in ink. Form may be copied.)

Name: _____ Male _____ Female _____ Age on Race Day _____
Address: _____ City _____ State _____ Zip _____
Phone Number: _____ Email _____
Event: _____ 1 Mile _____ 5K \$ _____

Waiver:

In consideration of your acceptance of this entry, I state that I am in proper physical condition to participate in this event. I hereby grant full permission to use my name and photographs for this event purpose. I understand the entry fee is non-refundable and numbers are non-transferable. If entrant is under 18 years of age, parent or guardian must sign entry form.

Signature of participant or parent/guardian _____ Date _____