

Bike Ride Fast Facts

Sunday October 23rd

8:00 AM - Three ride lengths available. The 72 & 60 mile routes both venture out to the rolling hills along the scenic shore line of Lake Wateree before looping back to the starting point. The 25 mile ride includes sections of tree covered roads, horse farms, and gentle rolling hills.

Riders under 18 years of age must be accompanied by guardian, who must also sign riders waiver.

Full SAGs, rest stops and lunch served to riders, noon until 2:00 PM. Route will be monitored and riders advanced to ensure all riders complete by 2:00 PM.

Mechanical support provided by

Summit Cycles



summitcyclesbikeshop.com

Proceeds for 5K Run, Walk, Bike Rides
& Kiddie Run will benefit



Habitat for Humanity of
Central South Carolina

Visit svpc.org for more information and course maps of the Road Race, Bike Ride & location of Spring Valley Presbyterian Church.

Spring Valley Presbyterian Church
125 Sparkleberry Lane
Columbia, SC 29229
(803) 788-3589

SVPC



20th Annual Spring Valley Presbyterian Church 5K Road Race

Bazaar • 5K Road Race • Kiddie Run • Bike Ride

Saturday October 22, 2011



Download complimentary finish line photos after the race.
Kiddie run photos available too!

Active Military run free with PT or unit attire

5K Road Race or Walk
and
Kiddie Run

"The Bird Walk"

(In memory of Scott "Bird" Nyland)
For ages up to grade 6



Bike Ride
Sunday
October 23, 2011
72 • 60 & 25
Mile Rides



All proceeds from these events go to
Habitat for Humanity of Central South Carolina

Spring Valley Presbyterian Church
125 Sparkleberry Lane
Columbia, SC 29223

svpc.org

Spring Valley Presbyterian Church - 20th Annual Race for Habitat

Bazaar • 5K Road Race • Kiddie Run • Saturday October 22 • Bike Ride - Sunday October 23



5K & Kiddie Run Fast Facts

Saturday October 22nd

Online Registration www.strictlyrunning.com

Complimentary finish line photos will be available for download after the race, including photos from Kiddie Run. Link information will be available on race day.

The race is a 5K, USATF certified course, over rolling hills in the Woodlands subdivision. Miles are marked and splits are given at the one and two mile marks. 5K Road Race is scheduled to start at 8-AM on Oct 22nd.

The 5K Walk will follow the same course as the run, and start time will immediately follow the 5k Run start.

Run Awards

- Overall male and female winners
- Top three male and female by age group
- Awards are also given to the top male and female SVPC church members

Awards given immediately following the Kiddie Run (around 10:00 AM).

Road race is a Tour de Columbia event. USATF Certified #SC90035BS

Finish line and computerized times provided by Strictly Running.

Kiddie Run - "The Bird Walk"

Following the 5K is held on the soccer fields for children up to grade 6. The length of the kids races vary. Children's races begin around 9:00 AM (or immediately after 5K). The children's races are named in memory of Scott "Bird" Nyland.

Make checks payable to SVPC

Note Race/Ride in memo line on check. Mail with registration form to Spring Valley Presbyterian Church 125 Sparkleberry Lane, Columbia, SC 29229

Registration Deadline Dates & Fees

Shirts are guaranteed for all registrations received in the Church Office or online by Oct 10

5K Road Race		Start Time 8:00 AM
Race, early registration, no tee	\$ 15	October 10
Race, early registration, long sleeve tech tee	\$ 20	October 10
Race, late registration, long sleeve cotton tee <i>(as long as they last)</i>	\$ 25	October 11 to Race Day
Race, late registration, no tee	\$ 20	October 11 to Race Day
Active Military (please wear PT or unit attire) - long sleeve tech tee	\$ 8	October 10
Active Military (please wear PT or unit attire)- no tee	Free	October 11 to Race Day
Walkers welcome		Start Time 8:00 AM
Walk, early registration, no tee	\$ 10	October 10
Walk, early registration, long sleeve tech tee	\$ 20	October 10
Walk, late registration, cotton tee <i>(as long as they last)</i>	\$ 15	October 11 to Race Day
Walk, late registration, no tee	\$ 12	October 11 to Race Day
Active Military (please wear PT or unit attire)- long sleeve tech tee	\$ 8	October 10
Active Military (please wear PT or unit attire)- no tee	Free	October 11 to Race Day
Kiddie run		Start time right after 5K
Anytime registration, short sleeve cotton tee <i>(as long as they last)</i>	\$ 5	Now to Race Day
Free bracelet for unlimited jumping with Kiddie Run registration		
Bike Ride - Sunday - Oct 23		Start Time 8:00 AM
Ride, early registration, no tee	\$ 25	October 10
Ride, early registration, long sleeve tech tee	\$ 30	October 10
Ride, late registration, long sleeve cotton tee <i>(as long as they last)</i>	\$ 35	October 11 to Race Day
Ride, late registration, no tee	\$ 30	October 11 to Race Day

Registration Form (one per person)

Name _____

Address _____

City/State/Zip _____

Email _____

Phone _____

Are you an SVPC member (Y/N) _____ Active Military _____

5K (circle one) Road Race Walk

Age _____ (On 10/22/2011) M _____ F _____ Amount due \$ _____
(Male/Female) (See fee schedule to the left)

Kiddie Run (circle one)
 K-Younger Grade 1&2 Grade 3&4 Grade 5&6

Amount due \$ _____ (See fee schedule to the left)

Bike Ride (circle one) 72 60 or 25 mile ride

Age _____ (On 10/22/2011) Amount due \$ _____ (See fee schedule to the left)

Riders under 18 years of age must be accompanied by guardian, who must also sign riders waiver

5K/Bike Shirts

Long sleeve Adult sizes (circle one) **S M L XL**

Kids Run Shirts

Short sleeve Youth sizes (circle one) **S M L**

Athlete's Release: I know that running a road race or riding a bike is a potentially hazardous activity. I certify that I am in proper condition to participate in the event(s) and assume all risks involved in my participation. In consideration of your acceptance of my entry, I for myself and anyone acting on my behalf waive and release the Fall Bazaar, Spring Valley Presbyterian Church, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising from my participation in this event. I also give my permission for the free use of my name and picture in any broadcast, telecast or other written account of this event.

Athlete's Signature _____

Parent's Signature _____

(IF UNDER 18)