



LITTLE RIVER BRIDGE 8K RUN & 5K WALK

Laurens Family Practice

&

Greenville Hospital System

Present

Main Street Laurens'

7th Annual

Little River Bridge 8K Run / 5K Walk

March 20th, 2010

SCHEDULE

PACKET PICKUP & REGISTRATION

Date: Friday, March 19
Location: Historic Courthouse
Time: Noon-5pm

PACKET PICKUP & LATE REGISTRATION

Date: Saturday, March 20
Location: Little River Park, East Main Street
Time: 3:45-4:30pm

RACE DAY

Race Starts: 5:00pm
Awards: Immediately following race
@ Little River Amphitheater

AWARDS & AGE GROUPS

Overall 8K male and female finishers awarded. The top 2 finishers in each age category receive awards in the following divisions:

Men & Women

- 12 and under,
- 13-19,
- 20-29,
- 30-39,
- 40-49,
- 50-59,
- 60-+

Beat the course record and receive \$100 cash prize.

Overall winners ineligible for age group awards.

CONFIRMATION & PACKET PICKUP

If we receive your entry by March 1, you will receive acknowledgment of your entry. No packets will be mailed. Confirmations will be e-mailed to those who include their e-mail address on their entry form. You will help immensely if you pick up your packet before race day. See schedule for packet pickup times and dates.

ACCOMMODATIONS SPECIAL

The Hampton Inn & Suites of Clinton is offering a special rate for the race. The hotel is ten miles from the race start and is located on I-26. For reservations, call (864) 938-1040 and mention the race.

The Travel Inn also offers a special rate for single or double rooms. The hotel is one mile from the race start. For reservations, call (864) 984-0558 and mention the race.

PARTICIPANTS' SAFETY

The Laurens Little River Bridge Run committee takes every precaution to make our race a safe road race. The entire course is closed to vehicular traffic. Members of the Laurens City Police Department secure all major intersections.

WATER STATIONS

Two water stations & aid stations will provide water and medical support along the 8K course.

COURSE DESCRIPTION

8K COURSE

Starting on the picturesque Little River Bridge, the course is hilly and fast. It turns through a series of historic neighborhoods, past the library, and along Historic West Main Street and downtown. The last mile treks along the Little River Trail.

5K COURSE

Starting on the picturesque Little River Bridge, the 5 kilometer course carries participants along West Main Street, through Downtown, and finishes along the scenic river trail.

TIMING AND RESULTS

Timing chips do not have to be returned after the race and 8K participants **ONLY** will be timed. RMS & Champions Chip Timing System sponsored by Gary Crow DMD, Dr. Julie Childers & Laurens Home Medical. Results posted the Monday following the race.

NOTES:

*Due to the race length (5K = 3miles), walkers must remain on sidewalks throughout course.

*Shirts guaranteed for those registered by March 12.

*All registered runners eligible for race day drawing.

For More Information:

PO Box 1736 / Laurens, SC 29360
(864) 984-2119 • www.mainstreetlaurens.org

Little River Bridge 8K Run/5K Walk Saturday March 20th, 2010, 5:00p.m.

I wish to participate in (check one) 8K RUN 5K WALK

Last Name: _____

First Name: _____ MI: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: () _____

email: _____

Birth Date (month/day/year): _____

Age on Race Day (3/20/10): _____

Sex: Male: Female:

Long Sleeve T-shirt (Included in Entry Fee)

ADULT: M L XL XXL

YOUTH: M L

T-shirts guaranteed for those registered by March 12

ENTRY FEES:

	Non-Members	Main St. Members
Before March 8	\$20	\$18
March 8- March 20	\$22	\$20
Students	\$12	
XXL Shirts	\$2	\$2

Make checks payable to **Main St. Laurens** and mail to:

Laurens Little River Bridge Run
PO Box 1736 / Laurens, SC 29360

Liability Waiver & Release: I know that running a road race is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I agree to abide by any decision on any race official as to my ability to safely complete the run. I assume all risks with running this event, including but not limited to falls, contact with other participants, effects of weather, including high heat and humidity, traffic and the condition of the road, all 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, Myself and anyone entitled to act in my behalf waive and release the City of Laurens, Laurens Family Practice, Main Street Laurens, race committee, race officials, volunteers, and all sponsors from all claims or liabilities of any kind arising out of my participation in this event, I grant permission to all of the foregoing to use any photographs, Motion pictures, recordings or any other record of this event for any legitimate purposes. I know that dogs, bicycles and in-line skates are not allowed on the course.

Publicity Waiver: I grant permission for photos, motion pictures, recordings, and any other record of this event for any legitimate purpose.

I agree to accept the decisions of the officials as final.

Signature _____

(Guardian must sign if competitor under 18)

Date _____

On Line Entry available:

www.active.com & www.strictlyrunning.com

PROCEEDS

Each year proceeds also go to benefit a community project related to outdoor recreation for our community. This year's project is the "Save Our Pool" Campaign of the Laurens YMCA.



LAURENS, SC

Laurens is located along one of the major crossroads of South Carolina (I-385 & I-26). It features the Upstate's traditional historic courthouse square. Coupled with quaint restaurants and shops, Laurens is an ideal host for this event.

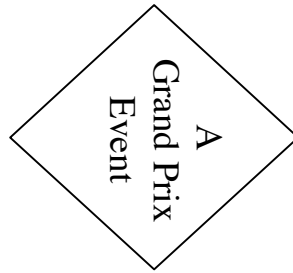
A reasonable drive, from either Atlanta (180 miles) or Columbia (77 miles), Laurens is along the transportation hub of Upstate South Carolina. At Laurens, I-385 (Greenville, Simpsonville, and western South Carolina) meets I-26.

Laurens is a unique historic community, featuring over a dozen different fine architectural styles. As the county seat of Laurens County, several stretches of the racecourse are lined by historic buildings and homes, all noted for their distinctive architecture.

DIRECTIONS

Traveling South on I-385 (From Greenville)
Exit 9 (left onto HWY 221 / Harper Street)
Left at 3rd Traffic Light (HWY 76 Main Street)
Little River Park on Left

Traveling North on I-26 (From Columbia)
Exit 54 (left on HWY 72)
At the next red light, take a left onto Springdale Dr. At the intersection of Springdale Dr. and Hwy 76 take a right. Follow Hwy 76 from Clinton to Laurens. Stay straight on Hwy 76 (not Business). After going through the next traffic light, the park will be on your right after about four blocks.



Main Street Laurens
PO Box 1736
Laurens, SC 29360

RETURN SERVICE REQUESTED

NONPROFIT ORG.
U.S. POSTAGE PAID
LAURENS, SC
PERMIT NO. 234



PRESENT



LITTLE RIVER BRIDGE

8K RUN & 5K WALK

Sat, March 20th, 2010 @ 5PM



CAROLINA CARDIOLOGY
CONSULTANTS, P.A.



REYNOLDS
FAMILY DENTISTRY, PA



COMMISSION
PUBLIC WORKS
LAURENS, SC
Reliable. Neighborly. Service.



THE FAMILY
HEALTHCARE
CENTER



Laurens County
Health Care System



CAROLINA
NEPHROLOGY, PA

Piedmont Pediatric



Sponsored By:

Dr. Gary Crow ♦ Laurens Home Medical
Dr. Julie Childers ♦ Mass Mutual
Montgomery Riddle Eyecare, ♦ PA Coca-Cola
Joe Kirby State Farm ♦ City of Laurens
Lifetime Family Dentistry ♦ George Love, CPA
Greenwood Home Respiratory Care
Physicians Sales & Service ♦ Lowry Mechanical
Spa West ♦ Print-A-Matic