

Getting to Saluda Shoals Park

Saluda Shoals Park is conveniently located at 5605 Bush River Road just off Interstate 26, northwest of Columbia.

From Columbia, take I-26 West going towards Spartanburg. Take Exit #104, Piney Grove Rd. and turn left. Proceed approximately 1.5 miles to St. Andrews Rd. Turn right onto St. Andrews Rd., then left at the first traffic light onto Bush River Rd. Saluda Shoals Park is located 1.5 miles up Bush River Rd. on the left.

Parking for the Sleigh Bell Trot/Stroll

All parking for the Sleigh Bell Trot/Stroll will be at Cornerstone Presbyterian Church located next to Saluda Shoals Park. Trot/Stroll participants will be bused to and from Saluda Shoals Park. There will be no parking in Saluda Shoals Park the evening of the Sleigh Bell Trot or Stroll. Buses will run until 6:45 P.M. and resume immediately after the race.



A special thanks to Cornerstone Presbyterian Church for generously providing parking for the Sleigh Bell Trot.



Saluda Shoals
FOUNDATION

Saluda Shoals Foundation
Irmo Chapin Recreation Commission

5605 Bush River Road
Columbia, SC 29212

www.ircr.net

Join us for a fun and festive certified 5K race or a family fun walk amid the sparkling light displays of Holiday Lights on the River!

Sleigh Bell Trot & Stroll

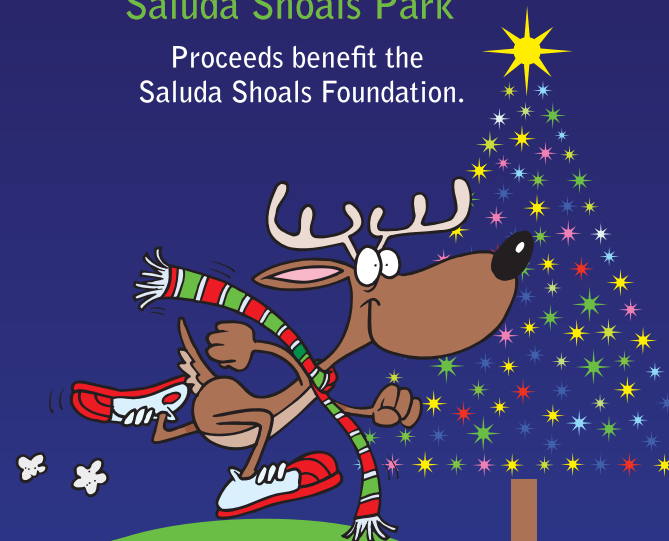
Stroll, Monday, November 21, 2011

Trot, Tuesday, November 22, 2011

7:00 P.M.

Saluda Shoals Park

Proceeds benefit the
Saluda Shoals Foundation.



Non Profit Org.
US Postage
PAID
Irmo, SC
Permit No. 20

Sleigh Bell Trot/Stroll Entry Form

Please print clearly. One registration form per person. Make additional photocopies as needed.

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Email address _____

Emergency Contact _____ Emergency Phone _____

Age Race Date _____ Date of Birth: _____ Male Female

Sleigh Bell Stroll, **Monday, November 21, 2011**, \$5 pp, 6 & under free

Sleigh Bell Trot Certified 5K, **Tuesday, November 22, 2011**, \$20 pp by Nov. 14, \$30 pp after Nov. 14

Trot 5K race participants registering prior to Nov. 14 are assured choice of t-shirt size. After that date; first come, first serve.

Sleigh Bell Trot Race Participants Only—Check T-Shirt Size: Youth Size S M L
Adult Size S M L XL XXL

Release

I understand that running or walking in this event is a potentially hazardous activity. In consideration of your acceptance of my entry, I for myself, and anyone acting on my behalf, waive and release all sponsors, officials, volunteers, their representatives, and successors of the 2011 Sleigh Bell Trot/Stroll from any and all claims of injury or damage resulting from my participation in this event. I realize that this is a strenuous event that requires proper physical conditioning for participation. I hereby certify that I am in such physical condition.

Signature _____ Date _____
(Parent or Guardian signature if under 18 years of age.)

To register in advance: Register online at www.strictlyrunning.com
Mail/deliver completed form with check to: (make checks payable to ICRC)
To pay by Visa or Mastercard, please call 772-3336.

ICRC/Sleigh Bell Trot/Stroll Registration
Attn: John Cantey
200 Leisure Lane
Columbia, SC 29210

Total Fee Enclosed \$ _____



I saw the lights at the Sleigh Bell Trot!

General Information

See the lights at the Sleigh Bell Trot and Stroll! Join us for these unique, nighttime events taking place amid the festive light displays of Holiday Lights on the River.

Sleigh Bell Stroll Family Fun Walk:

Monday, November 21, 2011

Sleigh Bell Trot Certified 5k Race:

Tuesday, November 22, 2011

Where: Saluda Shoals Park

Check-in: 5:00–6:50 P.M.

Trot Starts: Certified race: 7:00 P.M.

Stroll Starts: 7:00 P.M.

Rain Date: Dec. 3, 2011. (Call 772-3369 to confirm)

Parking: All parking for the Sleigh Bell Trot and Stroll will be at Cornerstone Presbyterian Church located next to Saluda Shoals Park. Trot participants will be bused to and from Saluda Shoals Park. There will be no parking in Saluda Shoals Park the night of either event. Buses will run until 6:45 P.M. and resume immediately after the races.

Fees:

Trot Certified Race Early Bird by 11/14 : \$20 per person

11/15–11/22: \$30 per person

Stroll Fun Walk: \$5 per person, 6 and under free.

Trot Awards: Medals to 1–3 place finishers male & female, 14 and under, 19 and under, 24 and under, 29 and under, 34 and under, 39 and under, 44 and under, 49 and under, 54 and under, 59 and under, over 60.

Trot Certified race registrants receive: T-shirt. T-shirts can be picked up Monday November 21 at Seven Oaks Park or at the race the night of the Trot.

All participants receive: jingle bells & refreshments.

Additional t-shirts: \$10 (night of race)

Information: Call 803-772-3336 or email jcantey@icrc.net.

For safety reasons, please do not bring dogs to the Sleigh Bell Trot or Stroll!