

Health Walks/Runs

1. **Colorectal Cancer Awareness Walk**

March 11, 2006

The two-mile Walk starts at the entrance to Riverfront Park, 312 Laurel Street.

Registration is necessary for all walk participants

Walk t-shirts are available for \$15 each.

8 a.m. – Registration at Park Entrance

8:30 a.m. – Opening remarks by:

9 a.m. Walk starts—rain or shine

For questions or additional information, call Care Call at 803-296-2273

2. **Epilepsy Foundation of South Carolina Riverfest 5k Run/Walk**

Saturday, May 6, 2006

6:45 p.m. - 9:15 p.m.

The Riverfest Run/Walk for epilepsy will be held Saturday, May 6, 2006. Originating at Riverfront Park at Laurel and Huger Streets, the 5K run will make a scenic loop over the Congaree River, traversing both the Gervais Street Bridge and the Jarvis Klapman Bridge. The Walk will take place in beautiful Riverfront Park on paved trails that follow the Columbia Canal. Proceeds from the 5K Riverfest Run/Walk will help assist the Epilepsy Foundation of South Carolina in providing important services to people with epilepsy such as "Camp RiverRun", a week-long summer camp for children with epilepsy. Join us in helping to increase awareness about epilepsy in South Carolina by participating in the 5k Riverfest Run/Walk.

REGISTRATION INFORMATION

On-site registration is from 6:50am-7:50am on May 6th with the Run/Walk beginning at 8:00am. To register in advance (which is preferred), please go to:

www.strictlyrunning.com.

3. **First Ladies' Walk for Life...Steps Against Breast Cancer**

The Walk is the first Saturday in October at Finlay Park in downtown Columbia.

Registration is \$20 per person and includes an event t-shirt.

Walk teams are made up of 10 or more people—registration cost is the same, but each team can have a logo of their design printed on the sleeve of their team t-shirts.

Important 2006 Dates:

- June 7 – Team captain luncheon
- August 18 – Team registration deadline
- September 15 – School team registration deadline
- October 7 – Walk for Life

For more information, call (803) 434-7275.

4. **Providence Heart & Sole Women's Five Miler**

May 5, 2007

This scenic **five-mile course** in downtown Columbia begins and ends at beautiful Finlay Park. Walkers have their choice of completing a 3-mile or 5-mile course. The course is sanctioned by USA Track & Field. Split times are provided at every mile, and water and first aid are available at three points along the course. Pacers will be available for 8-, 9- and 10-minute runners and 13-, 15- and 17-minute walkers. To register or for more information call the Carolina Marathon Association

5. **Walk to Cure Diabetes**

October 22, 2006

1-2pm

5K -Carolina Research Park

Contact Information: Sarah Shuping
Palmetto Chapter
(803) 782-1477

6. **DHEC Walk Our Children to School Day**

- October 4, 2006
- Additional information available at: www.iwalktoschool.org

7. **Midlands Heart Walk**

- A nationwide effort to beat heart disease and stroke held in March.
- Contact Info: heartwalk.columbiasc@heart.org
- Location: Colonial Center, 801 Lincoln St. Columbia, SC

8. **Boys and Girls Club of the Midlands: Turkey Day 8k Run**

- Thanksgiving morning
- Location: The Colonial Center, 801 Lincoln St. Columbia, SC

