

Surviving the Sizzle Night Run 2 & 4-Miler

“If you think running a race in Mississippi in August is hard.....try Chemotherapy”

Come run or walk with us to help find a cure for blood cancer!

All proceeds will benefit:



Ridgeland, MS
August 25, 2006, 7:30 PM,
with 1-mile fun run at 7:00

Entry fees:

- \$20.00 for pre-registered runners
- \$25.00 after 8/11/06 and on race day

Starting Place: Reservoir Point, Madison Landing Circle in Ridgeland

Come enjoy this unique **night race** held almost entirely along the water. Embrace the rare opportunity to race either the 2-mile or 4-mile distance. Both races will begin promptly at 7:30PM, with the 4-milers completing the 2-mile loop twice. Stick around afterward for a post-race party. This is a great way to kick off the weekend!

All pre-registered participants will receive a **dri-fit Nike** T-shirt. Correct sizes cannot be guaranteed if not pre-registered! Packet pick-up will be at Fleet Feet from 4:30pm to 6:30pm on Thursday, August 24, 2006, or at the race site from 6pm to 7pm.

Corporate Teams: Team Registration fee is \$70 for the 4-mile race only. Team members must be full-time employees or retirees of the same company. Entries and fee must be submitted in a single envelope, and all teams **MUST** pre-register. Teams may have 3-5 members, but only the top 3 finishers for each team will be scored. Awards will go to top three teams!

For more information, email Heather Butler at butlerh@lls.org.



- Overall winners in the 2 and 4-miler will receive special prizes.
- For the 2-mile run, 2-mile walk, and 4-mile run, medals will be given to first place in the following age groups: (19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & up)
- For the 1-mile fun run, medals will be given to first place in the following age groups: (6 & under, 7-10, 11-14, 15-18, 19 & up)
- Special door prizes will also be given!

Sponsored by:

**METRO BUSINESS
CHRONICLE**



Mail or drop off entry form and fee to:
Leukemia & Lymphoma Society
c/o Heather Butler
405 Fontaine Place, Ste 103
Ridgeland, MS 39157

Name _____
Address _____
City, State, Zip _____
Email _____

I know that running and/or volunteering to work in Mississippi Track Club events are potentially hazardous activities. I should not enter and or run in MTC activities unless I am medically able and properly prepared and/or trained. I agree to abide by any decision of race/event officials relative to my ability to safely compete or assist in this organization's activities. I assume all risks associated with running and/or volunteering to work in MTC events including - but not limited to - falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry for racing, I, for myself and for anyone entitled to act on my behalf waive and release the Road Runners Club of America, MTC, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these MTC activities, even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Circle One: 1-mile 2-mile walk 2-mile run 4-mile run

T-shirt size: S M L XL XLL

Make checks payable to **LLS**.

Sex _____ Age on race day _____

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

Order additional Nike dri-fit shirts for just \$10 each! Please indicate number and sizes _____