



My First 5K

Q: Have you ever wanted to participate in a 5K race but had no idea how to get ready?

A: My First 5K

Join representatives from Forrest General Hospital, Hattiesburg Clinic and The University of Southern Mississippi to obtain your training for walking or running.

\$15
(includes training and race entry)

WATER STATIONS
will be provided
along the course
and at the end
of the race

3 DAYS PER WEEK - Instructor-led training and motivation

Tuesdays and Thursdays (6:15 a.m. or 5:30 p.m.) Bruce and Virginia Wilgus Trail at Southern Miss
Sundays (6 p.m.) Longleaf Trace Gateway
Registration deadline: Friday, September 12

KICK-OFF and REGISTRATION

Tuesday, August 26 (5 p.m. - 6:30 p.m.)
5:30 p.m. - Motivational speaker
Payne Center

Thursday, August 28 (5 p.m. - 6:30 p.m.)
5:30 p.m. - Motivational speaker
Forrest General Hospital Wellness
2807 Arlington Loop)

RACE

Saturday, October 25
8 a.m. - Registration
9 a.m. - Race begins
Longleaf Trace Gateway



For more information contact Jodi Tate 601.266.5655 or Matt Seibring 601.266.5520

My First 5K Registration Form

REGISTRATION

\$15 for My First 5K training participants if postmarked by September 12

Mail to: Jodi Tate, Student Health Services
USM Box 5066, Hattiesburg, MS 39406

\$20 on Race Day

\$10 for children age 17 and under

COURSE

Saturday, October 25

9.a.m. - Race begins
Longleaf Trace Gateway
Flat, out and back course
(accurately measured 5K - 3.1 miles)

WATER STATIONS
will be provided
along the course
and at the end
of the race

AGE DIVISIONS

- 12 and under
- 13 - 17
- 18 - 27
- 28 - 37
- 38 - 47
- 48 - 57
- 58 - 67
- 68 and over

Awards given to top 3 males and females in each age group who register prior to Sept. 12



STUDENT
HEALTH SERVICES
THE UNIVERSITY OF
SOUTHERN MISSISSIPPI



SOUTHERN MISS
RECREATIONAL SPORTS
AA/EOE/ADA/ W-410-08

Assumption of risk: Anyone who participates in Recreational Sports (RecSports), Forrest General Hospital (FGH), and Hattiesburg Clinic (HC) activities will be doing so at his or her own risk. RecSports, The University of Southern Mississippi, FGH and HC are not liable for any accident, injury, loss or damage to personal property suffered by a participant while in facilities managed by RecSports or participating in any RecSports activity. RecSports, the university, FGH and HC do not carry any insurance program to cover participants. Participation is on a voluntary basis. All participants are strongly encouraged to undergo a health evaluation and consult with their personal physicians indicating fitness level appropriateness for strenuous activity prior to participating in any physical activity.

My First 5K Registration Form

Name _____ Age on Race Day _____

Address _____

Phone _____ E-mail _____

Emergency Contact _____ Phone _____

Signature _____ Date _____

Signature of Parent (if under age 18) _____ Date _____

My First 5K Participant (Yes / No) **\$15** (make checks payable to Student Health Services)

T-shirt size (Circle one) S M L XL 2XL (My First 5K Training session participants only)

I have read the above and understand the risks involved. By signing this waiver/release form, I am relinquishing Southern Miss RecSports, Forrest General Hospital and Hattiesburg Clinic from any liability thereof.