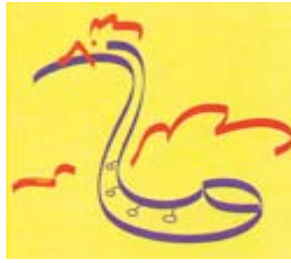


**September 26, 2009**  
**5K Run/Walk**  
**1/2 mile fun run**  
**8 AM Start Time**



**Sponsored by**  
**Forest Area Chamber**  
**Of Commerce**

**Forest, MS**

The Wing Dang Doodle Festival, will start at 10:00 a.m. September 26, 2009 with a blues and chicken wing cooking contest, 5K run, walk, & fun run, motorcycle show, pet show, and other activities for all ages. The purpose of this event is to provide a fun filled day celebrating two of Mississippi's favorite products – chicken and blues.

**Race Organized by:**

**Forest Area Chamber of Commerce**  
**MS Race Timing LLC**

**When:** September 26, 2009  
 8:00 a.m. (registration and pick-up begin at 7:00 a.m.)

**Where:** Forest, MS at Gaddis Park (I-20 Exit take Hwy 35 N. 1.5 mile turn left at sign.)

**Timing:** MS Race Timing LLC for 5K run/walk. Visit [www.msracetiming.com](http://www.msracetiming.com)

**Course:** START & FINISH at Gaddis Park. Loop course split time 1 & 2 mile markers.

**Amenities:** **Dry-tech long sleeve T-shirts** for 5K run / walk only, (guaranteed for all pre-registered), door prizes and refreshments. Awards for overall age-group winners and fun run participants.

**Entry Fee:** The 5K run / walk pre-registered fee is \$15 (due by September 18, 2009.) The late registration fee (after September 18, 2009) is \$20.00. The fun run is \$10.00 by September 18, 2008 and \$15.00 after.

**5K Run:** Overall male and female winners, and top three in each age group will be awarded prizes. 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

**5K Walk:**

Overall male and female winners, and top three in each age group will be awarded prizes. 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.

**1/2 Mile Fun Run:**

(Sponsored by the Scott Co. Jr. Auxiliary) Festival T-shirt guaranteed for all pre-registered participants. Prizes will be awarded to all participants. Top three male and female finishers will receive awards. Age group 0-12.

Send entry forms and fees, and make checks payable to:

Forest Area Chamber of Commerce

Attn: Wing Dang Dash

P.O. Box 266

Forest, MS 39074

601-469-4332

[www.forestmschamber.com](http://www.forestmschamber.com)

Online registration @ [www.msracetiming.com](http://www.msracetiming.com)

**Forest Hotels:**

Holiday Inn Express and Suites  
 1275 Hwy 35 S., 601-469-8288

Days Inn  
 1285 Hwy 35 S., 601-469-2500

Econo Lodge  
 1250 Hwy 35 S., 601-469-2100

America's Best Value Inn  
 1846 Hwy 35 S., 601-469-2640

**Wing Dang Dash – 5K Race-Walk-Fun Run Registration Form**

Circle or Check Event:                      5K run                      5K walk                      1/2 -mile fun run

Name: \_\_\_\_\_ Age (on 09/26/09): \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**Check or Circle T-Shirt Size**

Fun run festival T-shirts (Youth only)	Youth S	Youth M	Youth L
5K run/walk <b>dry tech long sleeve</b> T-shirts (Adult only)	Adult S	Adult M	Adult L
	Adult XL	Adult XXL (add \$2 to race fee)	

**Release and Waiver**

I, the undersigned, in consideration of acceptance of the entry and registration as participant in the Wing Dang Dash hold harmless and waive any and all claims which I and my heirs or assigns may now or hereafter have against The Forest Area Chamber of Commerce, its members, and all City of Forest officials, MS Race Timing LLC, volunteers and sponsors of the Wing Dang Dash which may indirectly or directly result from my participation in the Wing Dang Dash. I further warrant and represent that I am in proper physical condition to participate in the Wing Dang Dash and am not participating in this event against physician's advice nor am I taking medications which would impair my health or ability to participate in the Wing Dang Dash.

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian: (if participant is under 18) \_\_\_\_\_