# The USM Student Sports Medicine Association (USMSSMA)

Proudly presents the 15<sup>th</sup> Annual USMSSMA Homecoming 5K Eagle Run

# We are full-time students majoring in athletic training.

Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities.

One of the great things about this major is the amount of time we spend getting to apply what we learn in the classroom to actual athletic injury situations.

Upon graduation and passing the Board of Certification exam we seek employment in different health care settings, such as high school, collegiate, and professional athletic training settings, orthopedic and physical therapy clinics, and industrial settings. Some of us enjoy athletic training as a career, and others have gone on to become physical therapists or physicians.

For more information regarding the Athletic Training Major at USM, please visit our web site at www.usm.edu/athletictraining

For a copy of the Race Route, please visit the link below.

www.usm.edu/homecoming/5keaglerun

### **Race Information**

Check-In: 7:00 a.m. Start Time: 8:00 a.m.

#### Cost

Runners:

Pre-Registration: \$20 Race Day: \$30

Families (3 or more) \$50 Race Day Families: \$70

Walkers:

Pre-Registration \$10 Race Day: \$20

## **Age Groups / Awards**

Male: 13 & Under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & older

Female: 13 & Under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & older

Awards will be given to the top male and female overall finishers, and to the top finisher in each race category.

#### Post Race Perk...

Wear your race shirt on race day (homecoming) and receive a 10% discount at the following locations: *Villies Subs*, *Caliente Grill, Alumni House* 

Discounts only apply to race participants

## **Entry Form**

Please complete a form for each participant

Name
Address
City/State/Zip
Phone #
Age on Race Day
Male
Shirt Size  Youth Medium Adult Small Adult Large Adult XL
☐ Pre-Pay (amount) <u>\$</u> ☐ On-Site Pay
Participant Signature
Parent/Guardian Signature (if under 18)

I hereby, for myself, my heir, executor, and administrators do waive and release all claims for damages I may have against USM, USMSSMA, or its representative agents from participating in this fundraising event.

# Other USM Centennial Events in Hattiesburg

#### September

- Cross Country Centennial Celebration— September 3, Hattiesburg Campus
- Women's Soccer Centennial Celebration— September 10-12
- Men's Golf Centennial Celebration— September 12-14,
- GOLD: Centennial Arts Gala—September 16, Lake Terrace Convention Center, Hattiesburg
- Volleyball Centennial Celebration— September 17-18
- Southern Miss Student Leader Reunion— September 18, Thad Cochran Center, Hattiesburg Campus
- Centennial Oral History Roundtable: College of Health—September 23, Hattiesburg Campus

#### October

- Centennial Homecoming Celebration
  - Hall of Fame Induction—October 8, Thad Cochran Center Ballrooms
  - Centennial Blowout Friday Night at the Fountain—October 8, Hattiesburg Campus
  - Homecoming Parade—October 9, 10 a.m., Historic Downtown Hattiesburg
  - Centennial History Book Signing Event— October 9, Ogletree House, Hattiesburg Campus
  - Football Centennial Celebration and Homecoming Football Game—October 9
  - 5th Quarter Concert and Fireworks Display—October 9, M.M. Roberts Stadium
- Centennial Oral History Roundtable: College of Science & Technology—October 14
- Centennial Lecture Featuring Secretary Madeleine Albright—October 19, Saenger Theatre, Downtown Hattiesburg
- Academic Conference "USM in the Era of the Civil Rights Movement"—October 21-23

#### November

- Southern Miss Centennial Singers Reunion— November 5-6, Hattiesburg Campus.
- Centennial Veteran's Day Observance— November 11, Hattiesburg Campus
- Centennial Oral History Roundtable: Honors College—(Date TBA), Hattiesburg Campus

USMSSMA Homecoming 5K Eagle Run 118 College Dr. #5142 Hattiesburg, MS 39406

# 15<sup>th</sup> Annual USM Student Sports Medicine Association Homecoming 5K Eagle Run



Saturday October 9, 2010

Proceeds benefit USM Student Sports Medicine Association