

SOUTHERN MISS RECREATIONAL SPORTS DASH & BASH MUD RUN

April 3, 2011

Entry Fees

Preregistration
Children, students,
Pine Belt Pacers: \$10
General: \$15


Race day registration
Children, students,
Pine Belt Pacers: \$15
General: \$20

Registration 1 p.m.

Preregistration
Registration for the race can be completed as follows:

 Cash or checks
Southern Miss Recreational Sports
Payne Center sales desk:
Mon. - Fri., 8 a.m. - 7 p.m.

Checks only:
The University of Southern Mississippi
Recreational Sports, c/o Dash & Bash
118 College Drive #5155
Hattiesburg, MS 39406-0001
601.266.5405

 Registration forms can be picked up at the Southern Miss Payne Center or printed out online at www.usm.edu/recsports.

Race day registration
Registration can be completed the day of the race at the Recreational Sports registration table on Pride Field in front of the Payne Center starting at 1 p.m.


Race Categories

- ① age 13 and under
- ② ages 14 - 19
- ③ ages 20 - 29
- ④ ages 30 - 39
- ⑤ ages 40 - 49
- ⑥ ages 50 - 59
- ⑦ age 60 and over

Dash 2 p.m.

The race will begin and end at The University of Southern Mississippi Payne Center, near Reed Green Coliseum.

The race is open to all runners and walkers, including those persons with disabilities. All entrants must sign a waiver/release form.

 Prizes will be awarded to the 1st male and female winners in each category and best costume.

All proceeds from Dash & Bash will go toward the professional development of Southern Miss Recreational Sports student employees.

Bash 2 - 5 p.m.

The Bash will be held during the event on Southern Miss Pride Field in front of the Payne Center. Join us for live music, food and a good time.

Dash & Bash Registration Form

Last Name _____ First Name _____

Street Address _____ City _____

State _____ Zip Code _____ Sex _____ Age _____

Home Phone _____ Work Phone _____ E-Mail _____

T-Shirt Size: (please circle) S M L XL Race Category: 1 2 3 4 5 6 7

Assumption of Risk: Anyone who participates in Recreational Sports (Rec Sports) activities will be doing so at his or her own risk. Rec Sports and The University of Southern Mississippi are not liable for any accident, injury, loss, or damage to personal property suffered by a participant while in facilities managed by Rec Sports or participating in any Rec Sports activity. Rec Sports and the university do not carry any insurance program to cover participants. Participation in Rec Sports activities 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 Rec Sports activity.

I have read the above and understand the risks involved. By signing this waiver/release form, I am relinquishing Southern Miss Rec Sports from any liability thereof.

Signature _____ Date _____

Signature of Parent (if under 18) _____ Date _____



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