

April 3, 2011



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

Registration 1 p.m.

Preregistration Registration for the race can be completed as follows: a 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

starting at 1 p.m.

Registration can be completed the day of the race at the Recreational Sports registration table on Pride Field in front of the Payne Center

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

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

Bash 2 - 5 p.m.

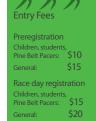
The Bash will be held during the event on Southern Miss Pride Field in front of the Payne Center, Join us for live music, food and a good time.

AA/FOF/ADA

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: (pleas	e circle) S M L XL	Race Category: 1 2 3 4	5 6 7
risk. Rec Sports an property suffered I Sports and the uni- voluntary basis. Al physicians indicatir I have read th	d The University of Southern by a participant while in facili versity do not carry any insur I participants are strongly en- ng fitness level appropriatene ie above and understo	couraged to undergo a health evaluation courses for strenuous activity prior to participa	ent, injury, loss, or damage to personal rating in any Rec Sports activity. Recurticipation in Rec Sports activities is on a son and consult with their personal rating in any Rec Sports activity. ing this waiver/release form, I
Signature		Date	
Signature of Parent (if	under 18)	Date	



April 3, 2011



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

Signature of Parent (if under 18)

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Dash & Bash F	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 a	any liability thereof.	
Signature	_ Date	

SOUTHERN MISS RECREATIONAL SPORTS AA/EOE/ADAI