



# Flower Power

## Inaugural 5K Run/Walk and 1 Mile Fun Run



**Saturday, November 12, 2011  
9:00 AM  
Township Avenue, Ridgeland, MS**

**RACE INFORMATION**

**Awards**  
Overall Top Male and Female and Masters Grandmasters

**5K Run-** 1st, 2nd, 3rd place finishers for following age groups.\*  
10 & Under 11-14, 15-19, 20-29, 30-39, 40-49, 50-59 6-69, 70+

**5K Walk-**  
10 & Under 11-14, 15-19, 20-29, 30-39, 40-49, 50-59 6-69, 70+

**1 Mile Fun Run-** Youth: Overall Male and Female  
Top Three in age groups: 6 & under 7-9, 10-12, 13-15, Top Two Male & Female. (16 & older)

Door prizes will be awarded prior to race results.

*1 water station provided on course, and water/ Gatorade sponsored by Sinky Feet Athletics at finish*

Fee Structure and Deadlines:  
Pre-registration through, Nov. 4- Late registration, Nov. 11 @Stinky Feet Athletics and Day of race.

\*5K Run/ Walk Pre-registration- \$20  
Late registration—\$25

\*1 Mile fun run Early— \$5  
Late registration- \$10

\*Family Rate Early- \$50  
Late registration- \$60  
(5 max -immediate family only)

\*Teams \$75

5K Run     5K Walk     1 Mile Fun Run

(all ages)

Male     Female

Please print legibly in large lettering!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State, Zip \_\_\_\_\_

Day Phone \_\_\_\_\_

Age \_\_\_\_\_ Birthdate: mo/day/yr \_\_\_\_\_

Email \_\_\_\_\_

**Adult Shirts Please check :**  Small     Medium

Large     X -Large

**Youth T-Shirt**     X-Small     Medium

Small     Large

**Shirts guaranteed for first 200 registered**

I hereby certified that I am adequately trained and fit to participate in this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representatives, beneficiaries, and heirs knowingly waive, release and forever discharge and all rights and claims against Camellia Home Health and Hospice and the race directors and other sponsors of this race for any and all injuries or death suffered by me in this event. I knowingly assume all risks involved in this event.

Signature (Parent or guardian required if under 18)

**Proudly sponsored by:**





# Main Inside Heading



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## Business Name

Fee Structure and Deadlines:  
Pre-registration through, Nov. 4- Late registration, Nov. 11 @Stinky Feet Athletics and Day of race.

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com



