

Run and Pray for Emily's 5K

5K Run/Walk & 1 mile Fun Run on November 19, 2011, @ Sumrall Lions Club Park @ 9:00 a.m.

This 5K is a benefit for Emily Shows! She is 28 years old, and has two precious girls, Cali (3) and Ava(2). Due to complications with her last pregnancy she has been hospitalized for the last two years. We would appreciate your support in helping her and her family during this trying time! All proceeds will go to Emily.

Location: 5K run/walk will begin at the Sumrall Lions Club at 9:00 a.m., the 1 mile Fun Run will follow at 10:00 a.m. Day of race registration begins at 8:00 a.m. No bicycles, skates, or scooters allowed in the event. Prizes will be awarded for the overall male and female winners and 1st place in each age group, and a prize for each child in the fun run. Refreshments will be provided for participants after the race.

Pre-Registration: by mail postmarked by November 1, 2011. Mail to Devin Williamson, P.O. Box 205, Sumrall, MS, 39482.

Registration Fees (NONREFUNDABLE): 5K Run/Walk- \$20 pre-registered by Nov.1, \$25 after the 1st through the day of race. 1 mile Fun Run- \$10. T-shirts are guaranteed to all pre-registered 5K participants. Please make checks payable to Devin Williamson with "Emily's 5K" in the memo line.

For more info please call Devin Williamson at 601-543-5010 or visit our Facebook Page

"But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Isaiah 40:31

Run and Pray For Emily's 5K

Name (Please Print) _____ Male/Female Age: _____

DOB _____ 5K Run/Walk 1 Mile Fun Run Phone # _____

Address: _____ City, State: _____ Zip: _____

T-Shirt Size (5K participants only) S M L XL Amt Paid: _____

PARTICIPANTS MUST COMPLETE THE WAIVER AND RELEASE STATEMENT: In consideration of the acceptance of his entry and as a participant in "Emily's 5K", I do hereby waive any and all rights and claims which I, for myself and my heirs, executors, administrations and personal representatives may now or hereinafter have against and do hereby release Countyline Baptist Church, the Town of Sumrall, and the Sumrall Lions Club, its members, volunteers, and sponsors of "Emily's 5K" for any injury, illness, losses, or death suffered by me resulting either directly or indirectly from my participation in "Emily's 5K". I fully understand that my participation in this event is completely a voluntary undertaking and that I assume all risk associated with my participation, including, but not limited to, falls, contact with other participants, effects of weather, traffic, and the conditions of the course. I hereby certify that I am adequately fit and in the proper physical condition to participate in this event and that I am not participating in this event against advice of a physician nor am I taking medications which would impair my health or ability to participate in this event. I hereby authorize the use of my name and any photographs, videotapes and other record of my participation in this event for any legitimate purpose.

I acknowledge that I have read and fully understood the above and assume complete responsibility for all risks associated with participation in "Emily's 5K".

Participant Signature (if I participate is under 18, parent of guardian must sign) _____ Date _____

