

# Millsaps 5km Cross Country Challenge

February 11, 2012, Choctaw Trails, Clinton, MS, 9:00 a.m.



*This is an open 5,000 meter cross country race. You can walk it or run. Feel free to form a team with friends or compete individually. Proceeds benefit the Millsaps Cross Country and Track & Field Team.*

## **Awards:**

- \* Top 10 male and top 10 female receive medals.
- \* The overall male and female winners will receive gift certificates for pizzas from Pizza Shack and gift certificates for shoes from Fleet Feet.
- \* 18 and under male and female will receive trophies.
- \* Masters and Grand-Masters male and female winners will receive gift certificates for pizzas from Pizza Shack.
- \* The winners of the team divisions will receive gift certificates for two large pizzas from *Pizza Shack*.
- \* The first male to break 15 minutes and the first female to break 17:45 will receive a \$500 gift certificate to *Fleet Fleet*.

## **Directions to Choctaw Trails:**

From Jackson - I-20 West towards Clinton, take the Springridge Rd Exit, left on Springridge Rd for 1.5 miles, left at McRaven Rd (stoplight), drive 1.5 miles and Choctaw Trails will be on your left.

## **Team Divisions:**

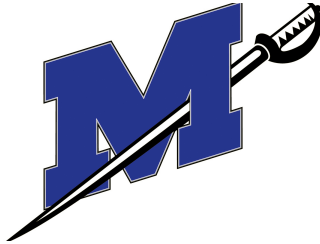
Teams are made up of 5 runners and the top 3 times will be averaged. There is a male and female division.

Contact Coach Till if you have any questions. [andy.till@millsaps.edu](mailto:andy.till@millsaps.edu)

*[www.msracetiming.com](http://www.msracetiming.com)*

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Pre-register online at [www.msracetiming.com](http://www.msracetiming.com) or by mail, postmarked no later than, Tuesday, February 7, 2012. Pre-registration is \$12 and race day is \$15. Race day registration begins at 8:00 am.

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*Millsaps 5km Cross Country Challenge February 11, 2012* (complete the form and mail with payment: Millsaps College, attn: Andy Till, 1701 N. State St, Jackson, MS 39210  
Checks payable to: Millsaps Cross Country

Name \_\_\_\_\_ Age on race day \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_ Shirt Size: S M L XL XXL

Team Division Male \_\_\_\_\_ Female \_\_\_\_\_

Team Name \_\_\_\_\_

Members: \_\_\_\_\_  
\_\_\_\_\_

**Waiver:** I hereby certify that I am adequately fit to run/walk this race. In consideration of acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release and discharge any and all my rights and claims which I have or may have hereafter accrue to me or my estate against Millsaps College and/or any sponsors, organizers and volunteers and assigns for any and all injuries or death suffered by me in this event. I will also allow my picture and name to be used in publications as a result of this race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(If participant is under 18, parent or guardian must sign.)