



5K Run/Walk

Saturday, April 21, 2012

9 a.m. Race Time

Our Relay for Life team works in honor of Richard Hicks who is currently battling cancer. Hicks is the father of The Columbian-Progress staff member, Adam Prestridge.

\$20

Participant Fee

(includes T-shirt)

- When:**
- **Saturday, April 21, 2012**
 - **8 a.m. Registration and T-shirt pick-up**
 - **8:45 a.m. Stretch and Warm-Up**
 - **9 a.m. Race whistle blows**

- Where:**
- **Race to start and finish at Friendship Park in downtown Columbia**
 - **All participants names and times will be listed in The Columbian-Progress**

All proceeds go to the American Cancer Society through our Marion County Relay For Life organization!

Run For Life c/o The Columbian-Progress
P.O. Box 1171, Columbia, MS 39429
Phone: 601-736-2611 • Fax: 601-736-4507
email: art@columbianprogress.com

REGISTRATION:

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Gender: Male Female Age: _____

T-Shirt Size: Small Medium
 Large Xtra Large

Payment Info: Paid Will pay at race
 Charge to my Visa or MasterCard

Credit Card #: _____ Exp. _____

Please make checks payable to the American Cancer Society

I, the undersigned, in consideration of acceptance of the entry and registration as participant in "Run for Life" hold harmless and waive any and all claims which I and my heirs or assigns may now or hereafter have against *The Columbian-Progress*, its staff, volunteers, sponsors and all officials which may indirectly or directly result from my participation in this event. I further warrant and represent that I am in proper physical condition to participate in this event and am not participating against physician's advice nor am I taking medications which would impair my health or ability to participate in this event.

Signature: _____

Date: _____