



# DASH 4 DOC 5K



## In Memory of Dr. Bryan F. McCraw 5K RUN/WALK ½ Mile Fun Run

**DATE:** November 2, 2013

**TIME:** 8:00 A.M.

**COURSE:** Downtown, Columbia, MS (starts at Friendship Park)

**Early Entry Fee:** \$20 (received by 10-25-13)

**Day of Race:** Registration and Packet Pick-Up begins at 7:00 A.M. \$25

**T-Shirts** – Guaranteed on race day to those registered by 10-25-13

**Late Registration and Early Packet Pick-Up:** November 1, 2013 at Friendship Park from **5:00-7:00 PM ONLY \$25.00**

**½ Mile Fun Run:** Begins immediately following 5K. This is a non-timed event. There is no fee required to participate; however, if t-shirt is wanted, fee is **\$15** and must be received by **10-25-13**. Indicate t-shirt size on form below and return with payment.

**Awards:** Overall top three males/females. Age group awards given to top three males and females in each division. *Divisions: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60 and over*

**Post Event Activities:** Refreshments, **Door Prizes**, and Awards immediately following event.

The 5K Race is a timed event provided by **DIVA TIMING**

For more information and to register online visit: [www.dash4doc.com](http://www.dash4doc.com) and our Facebook page: **Dash 4 Doc 5K**

Dash 4 Doc 5K  
welcomes...



Season 10  
Biggest Loser Winner  
Patrick House



*Net proceeds benefiting the American Heart Association*

*But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.  
Isaiah 40:31*



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