



# 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**

*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*

*Net Proceeds benefiting the American Heart Association*



### DASH 4 DOC 5K Registration

**Name:** \_\_\_\_\_

**Age on race day:** \_\_\_\_\_ **Gender:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **ST:** \_\_\_\_\_

**Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

*Dash 4 Doc 5K  
purposes only:*

Cash/Check

Check # \_\_\_\_\_

**T-shirt size:** (circle one) Adult    S    M    L    XL    2XL  
Youth    YS    YM    YL    YXL

**Return entry form to:** Dash 4 Doc, 1401 Church Street, Columbia, MS 39429  
(Make Checks Payable to Dash 4 Doc 5K or make payment on Paypal to dash4doc5k@yahoo.com)

I agree my participation in this event is without assumption of any kind of responsibility by the sponsors, officials, and assistants. I release all of the above from any claim for any injury I may sustain or suffer in connection with this road race. I attest that I am physically fit and sufficiently trained for the completion of this event. I will allow my picture and comments to be used in telecast, publications, and related news as a result of this event.

Signature \_\_\_\_\_

(Parent/Guardian must sign for participant under 18 years old)

**\*\*Registration and payment may also be completed at [www.dash4doc.com](http://www.dash4doc.com)\*\***