



Flower Power

3rd Annual 5K Run/Walk & 1 Mile Fun Run

Bring the kids
to play
in the
Bouncy House!



Saturday, February 15, 2014
9:00 AM
Flowood YMCA, Flowood, MS

RACE INFORMATION

Awards

Overall Top Male, Overall Top Female, Masters, Grandmasters

5K Run- 1st, 2nd & 3rd place finishers for the following age groups:

10 & Under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59 60-69, 70+

5K Walk- 1st, 2nd & 3rd place finishers for the following age groups:

10 & Under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59 6-69, 70+

1 Mile Fun Run- Youth: Overall Male and Female

~A medal for all youth fun run finishers

~Door prizes awarded prior to race results

1 water station provided on course and at finish with water & Gatorade sponsored by Sinky Feet Athletics

Fee Structure and Deadlines

~Pre-registration through Feb 10, 2013

~Late registration Feb 11- 14 at our office Camellia Home Health and Hospice 225 Katherine Drive Flowood or Stinky Feet Athletics, Flowood. Also, on the day of the race at the start.

***5K Run/ Walk Pre-registration- \$20**

Late registration—\$25

***1 Mile Fun Run Pre-registration— \$5**

Late registration- \$10

***Family Rate Pre-registration \$50**

Late registration- \$60

(Family Discounts Available: 5 max , limited to immediate family only)

You may register online at www.active.com or through a link on MS Race Timing, LLC or by completing this form:

Circle one :

5K Run

5K Walk

1 Mile Fun Run

Male Female

Please print legibly in large lettering!

Name _____

Address _____

City _____

State, Zip _____

Day Phone _____

Age _____ Birth date: mo/day/yr _____

Email _____

Please make checks payable to:

Camellia Ministries

PO Box 1267

Hattiesburg, MS 39403

Shirt Size (circle) : **Small Medium Large X -Large**

***Shirts guaranteed for first 200 registered**

I hereby certify that I am adequately trained and fit to participate in this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representatives, beneficiaries and heirs knowingly waive, release and forever discharge and all rights and claims against Camellia Home Health and Hospice, Camellia Ministries, the YMCA, the race directors and other sponsors of this race for any and all accidents, injuries or death suffered by me in this event. I knowingly assume all risks involved in this event.

Signature (Parent or guardian required if under 18)

X _____

Please contact Tammy Hanner at 601-985-7754 for questions or additional info.