

Rattler Ramble Trail 5K Run/Hike



Saturday, October 12, 2013 at the University of Southern Mississippi's Lake Thoreau Environmental Center

Time: 3 p.m. for the 5K, Fun Run after 5K

Directions: From Hwy 98 head north of King Road, Right on Hatten Rd, then right of 4th Street. Travel approximately ½ mile turn left on Lake Thoreau Dr. travel about one (1) mile. Entrance to the Environmental Center will be on you right.

Course: A beautiful, scenic course around trails at the Lake Thoreau Environmental Center

Awards:

- Special awards will be presented to the Male and Female Overall Runner, Master and Grand Master Runner
- Age group awards to the first three Male and Female Finishers in 10 year age groups!
- Special awards to all fun run participants
- Special category: Best Costume on the Trail!
- T-Shirts (Long sleeve) are only guaranteed on race day to those registered before 10/4/13

Post-Event Activities:

Refreshments and award ceremonies immediately after the event. Bonfire by the lake. Eat free if participant, \$5 per person otherwise for plate. Drawings for prizes!

Entry Fee

- Pre-registration postmarked by October 4, 2013
 - \$18.00 Non PBP Club Members
 - \$15.00 PBP Club Members.
 - \$12.00 Southern Miss Students
- Day of Race registration:
 - \$25.00
 - \$15.00 Southern Miss Students

**** Kids Run free with no shirt option; with shirt, rates as above

Net Proceeds to benefit The Lake Thoreau Environmental Center

Registration: Checks should be made payable to The University of Southern Mississippi			
Write "Rattler Rambler" in the memo line			
 Register race day at Lake Thoreau Environmental Center beginning at 2 p.m. Registration closes at 2:45 Additional information and this registration form will be made available on the event site, 			
			Race & Timing Services
		601 297-1729 Race & Timing Services	
		Rattler Ramble 5K Run/Hike	
Name:	Age on Race Day:		
Address:	Phone:		
City / State / Zip:			
Sex (circle one) Male Female	Tee-shirt size (circle one) S M L XL		
Event (circle one): 5K Run/Hike Fun Run	email address:		

Checks should be made payable to The University of Southern Mississippi Write "Rattler Rambler" in the memo line

Waiver for the Rattler Ramble

Assumption of Risk: Anyone who participates in Lake Thoreau Environmental Center activities will be doing so at his or her own risk. The Lake Thoreau Environmental Center (LTEC) and The University of Southern Mississippi (USM) are not liable for any accident, injury, loss, or damage to personal property suffered by a participant while in facilities managed by LTEC/USM or participating in any LTEC/USM activity. LTEC and the university do not carry any insurance program to cover participants. Participation in LTEC/USM activities is on a voluntary basis. All participants are strongly encouraged to undergo a health evaluation and consult with their personal physicians indicating fitness level appropriateness for strenuous activity prior to participating in any LTEC/USM activity.

I have read the above and understand the risks involved. By signing this waiver/release form, I am relinquishing The Lake Thoreau Environmental Center and The University of Southern Mississippi from any liability thereof.

Signature: _

Date: ____/___/____

(Parent if under 18 years of age)