

# Inaugural Dash for Nash

## 5K Run/Walk and 1 Mile Fun Run

April 5, 2014 \*7:00 P.M.

Run will be at Pine Grove Church of God  
151 Adams Road, Carthage, MS 39051

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age as of 04/05/14: \_\_\_\_\_

Sex: M or F

Event Entering: \_\_\_\_\_ 5K Run \_\_\_\_\_ 5K Walk \_\_\_\_\_ 1 Mile Fun Run (12 and under)

T-Shirt Size: Youth S M L

Adult: S M L XL XXL

### Registration Fee

*5K Run/Walk- If received by March 17<sup>th</sup> \$20, After March 17<sup>th</sup> \$25*

*1 Mile Fun Run- \$10 If received by March 17<sup>th</sup>, \$15 after March 17<sup>th</sup>.*

**\*\*\*\*\*Entries must be received by March 17<sup>th</sup> in order to be guaranteed a t-shirt\*\*\*\*\***

**Age groups: 0-9 10-19 20-29 30-39 40-49 50-59 60+**

WAIVER MUST BE SIGNED (if runner is under 18 – form must be signed by parent or guardian)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having anyone entitled to act on my behalf, waive, and release, Pine Grove Church of God and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this events even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission for the use of any photography, motion pictures, recordings or any other record of my participation in this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

**\*This is going to be a night run so bring your glow sticks, glow paint and be ready to have some fun!!!!**

**Start Time is 7 p.m. for the 1 mile fun run and about 8 p.m. for the 5K**

Mail forms to:

DASH for NASH  
c/o Pine Grove Youth Team  
151 Adams Road  
Carthage, MS 39051

Please call 601-562-8701

If you have any questions.