

MISSISSIPPI POWER  
**ROUX RUN 5K**

@ South of the River Roux

**Saturday, September 20, 2014**

Registration: 6:00 AM  
 5K Start: 7:00 AM  
 ½ Mile Fun Run Start: 8:45 AM  
 Awards Presentation: 9:30 AM



**FEES**

Pre-Registration by August 29th \$ 20.00  
 (includes t-shirt)

Registration after August 29th \$ 25.00

(16 & under can participate in both 5K and Fun Run for same entry fee)

Parking Available Across from the Fish House and at Town Hall.  
 Proceeds benefit the "Healthier Walnut Grove Initiative".

5K Run Age Groups:		5K Walk Age Groups:		Fun Run Age Groups:
Male & Female		Male & Female		
<input type="checkbox"/> 10 & under	<input type="checkbox"/> 40-44 years	<input type="checkbox"/> 19 & under	<input type="checkbox"/> 5 & under	
<input type="checkbox"/> 11-14 years	<input type="checkbox"/> 45-49 years	<input type="checkbox"/> 20-29 years	<input type="checkbox"/> 6-10 years	
<input type="checkbox"/> 15-18 years	<input type="checkbox"/> 50-54 years	<input type="checkbox"/> 30-39 years	<input type="checkbox"/> 11-16 years	
<input type="checkbox"/> 19-24 years	<input type="checkbox"/> 55-59 years	<input type="checkbox"/> 40-49 years		
<input type="checkbox"/> 25-29 years	<input type="checkbox"/> 60-64 years	<input type="checkbox"/> 50-59 years		
<input type="checkbox"/> 30-34 years	<input type="checkbox"/> 65 & above	<input type="checkbox"/> 60-69 years		
<input type="checkbox"/> 35-39 years		<input type="checkbox"/> 70 & above		**No one over 16 is allowed to participate

**AWARDS**

\*\*\* 5k Run / Walk \*\*\*

- Overall Male AND Female Winners 1st place 5k Run will receive trophy
- Overall Male AND Female Winners 1st Place 5k Walk will receive trophy
- 1<sup>st</sup> Place Winner of each age group Run will receive a medallion
- 1<sup>st</sup> Place Winner of each age group Walk will receive a medallion

\*\*\* Fun Run \*\*\*

- Overall Male and Female Winners 1<sup>st</sup> place Fun Run will receive trophy
- 1<sup>st</sup> place winner will receive medallion in each age group.

**OFFICIAL TIMING by Mississippi Race Timing**

Please detach and complete one entry for each participant. Complete BOTH sides.

5K RUN-WALK     ½ mile - Fun Run (ages 16 and under)

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_

Make check payable to: **Roux Run 5K**

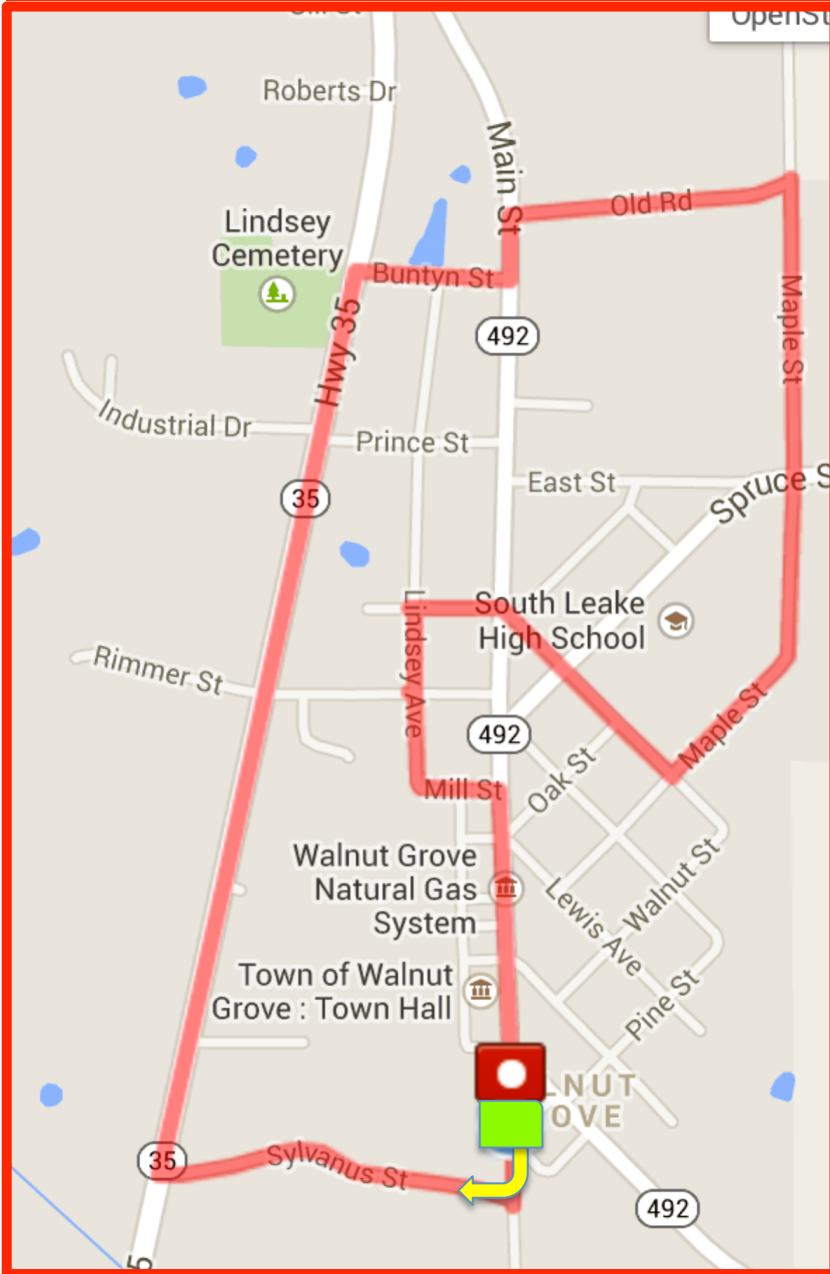
Return completed entry to: **Roux Run  
 PO Box 145  
 Walnut Grove, MS 39189-0145**

**SELECT ONE, IF PRE-REGISTERED BY August 29**

\_\_\_\_ ADULT S                      \_\_\_\_ YOUTH S  
 \_\_\_\_ ADULT M                    \_\_\_\_ YOUTH M  
 \_\_\_\_ ADULT L                      \_\_\_\_ YOUTH L  
 \_\_\_\_ ADULT XL  
 \_\_\_\_ ADULT 2XL

**NOTICE**  
 YOUR ENTRY FORM  
 WITH FEE PAID  
 MUST BE RECEIVED  
 BY  
 AUGUST 29, 2014  
 TO RECEIVE ROUX  
 RUN T-SHIRT.

## Mississippi Power ROUX RUN 5k



### 5K Route:

The course will be marked. It is the participant's responsibility to familiarize him/herself with the course route.

- Begin at Main Street Stage Downtown
- Go South on Main
- Turn Right onto Sylvanus St
- Turn Right onto Hwy 35
- Turn Right on Buntyn St
- Turn Left on Main St
- Turn Right on Old Rd
- Turn Right on Maple St
- Cross Spruce St
- Turn Right on Reeves St
- Cross Spruce St
- Cross Main St to Summers St
- Turn Left on Lindsay St
- Crossover Rimmer St
- Turn Left on Mills St
- Turn Right on Main St
- End at Main Street Stage Downtown

### Fun Run Route:

- Begin at Main Street Stage Downtown
- Go North on Main St
- Turn Left on Hammons Lane
- Turn Left on Cole Ave
- Turn Left on Ingram St
- Turn Right on Main St
- End at Main Street Stage Downtown

## General Disclaimer & Waiver

I, the undersigned, in consideration of acceptance of the entry and registration as participant in the Roux Run 5K Run/Walk, waive any and all claims which I and my heirs or assigns may now or hereafter have against South of the River Roux, its members and all officials, volunteers, the Town of Walnut Grove, and Sponsors of Roux Run 5K Run/Walk which may indirectly or directly result from my participant in Roux Run 5K Run/Walk. I further warrant and represent that I am in proper physical condition to participate in the Roux Run 5K Run/Walk and am not participating in this event against physician's advice nor am I taking medications which would impair my health or ability to participate in the Roux Run 5K Run/Walk. I further authorize the use of my name and picture as may be used for publicity of the race and the results.

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT  
(OR parent or guardian if participant under 18)

\_\_\_\_\_  
DATE