

# RUN WITH THE "FOG"

(FOLLOWERS OF GOD)

## 9TH ANNUAL 5K - 1 MILE FUN RUN/WALK

The race will begin at **8:00 a.m.**, **Saturday, March 29<sup>th</sup>**, at the **Lion's Club Park**, on Hwy. 42, Sumrall, MS. (behind Keith's Super Store) The race is sponsored by **FBC Sumrall Student Ministry**.

*Dedicated to the memory  
of  
Coleman Nichols*

**BUT THEY THAT WAIT UPON  
THE LORD  
SHALL RENEW THEIR  
STRENGTH;**

**THEY SHALL MOUNT UP WITH  
WINGS AS EAGLES;**

**THEY SHALL RUN, AND NOT  
BE WEARY;**

**AND THEY SHALL WALK,  
AND NOT FAINT.**

**ISAIAH 40:31 KJV**

### Entry Fees:

Pre-registration \$20

Pine Belt Pacers \$15

\*Due March 19<sup>th</sup>

Make Checks Payable to: FBC Sumrall

Day of Race \$25

### **MAIL TO:**

Richie or Anita Sumrall

1136 Hwy 44

Sumrall, MS 39482

601-758-3367

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

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Home #: \_\_\_\_\_ Cell #: \_\_\_\_\_

5K \_\_\_\_\_ 1 Mile \_\_\_\_\_

Age \_\_\_\_\_ (Circle) Male/Female

T-Shirt Size: S M L XL XXL (Circle)

**\*Official race T-Shirts will be guaranteed to all pre-registered runners/walkers and can be picked up the day of the race.**

**Assumption of Risk & Release Statement:** Anyone who participates in First Baptist Church, Sumrall's "Run with the Fog" will be doing so at his or her own risk. By my signature below, I am acknowledging that I have read this waiver/release form and I am relinquishing First Baptist Church, Sumrall and the Student Ministry from any liability thereof. I fully understand that my participation in this event is completely a voluntary undertaking and that I assume all risks associated with my participation including, but not limited to, falls, contact with other participants, effects of weather, traffic and the conditions of the course. I hereby waive any and all rights and claims which I, for myself and my heirs, executors, administrators and personal representatives may now or hereinafter have against and do hereby release FBC Sumrall, its members, volunteers, and other sponsors for any and all injuries, illnesses, losses or death suffered by me resulting either directly or indirectly from my participation in this race. I hereby certify that I am adequately fit and in the proper physical condition to participate in this event and that I am not participating in this event against the advice of a physician nor am I taking medications which would impair my health or ability to participate in this event. I hereby authorize the use of my name and any photographs, videotapes and other record of my participation in this event for any legitimate purpose by FBC Sumrall.

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

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

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

Signature of Parent (if under 18) \_\_\_\_\_