



### MISSISSIPPI STATE CHAMPIONSHIP 5K Run and Walk



Benefiting children with Muscular Dystrophy



**Toot Toot  
Publishing Company**



# Labor Your Legs 5K Run and Walk

Monday, September 7, 2009

Cloverleaf Mall – Food Court

## Time :

5K Run and Walk begins at 7:30 a.m.

1 Mile Fun Run and Walk at 8:30 a.m.

## Course:

Classic course through the Historic Oaks District.

Course Certified by USATF (MS06003DJR)

## Awards:

➤ 5K Run awards will be presented to the Overall, Master & Grand Master finishers in both male and female categories. Then age group awards will be given to the first three male and female finishers:

0 – 13            14 -19            20 - 29            30 – 39

40 - 49            50 - 59            60 - 69            70+

➤ Top 3 Male and Top 3 Female Walkers will receive awards for the 5K walk.

➤ **“Technical Fabric” Shirts:** a \$25.00 value shirt !!!

As always, a plus for this race we provide a technical fabric tee-shirt for all the race entrants. They are only guaranteed on race day to those registered before August 28, 2009.

## Entry Fees:

➤ Pre-registration postmarked by August 28, 2009:

\$20.00 all event categories

\$15.00 PBP Club Members

\$60.00 Families over 3 people

Day of Race registration:

\$25.00 all event categories

➤ 1 Mile free without shirt, same as above with shirt.

➤ Additional information and on-line Entry Form available on club web site: <http://www.pinebeltpacers.org>

## Registration:

➤ Mail completed registration before August 28, 2009; or

➤ Race day at Cloverleaf Mall beginning at 6:30 a. m.

## Post-Event Activities:

Refreshments and award ceremonies immediately after the event.



## Registration

### Labor Your Legs 5K Run and Walk

Name: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ DOB: \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ Phone: (home) \_\_\_\_\_

City / State / Zip: \_\_\_\_\_ (day time) \_\_\_\_\_

Sex (circle one)    Male            Female            Tee-Shirt size (circle one) Youth    S    M    L  
Adult    S    M    L    XL    XXL

Event (check one): \_\_\_ 5K Run    \_\_\_ 5K Walk    \_\_\_ 1 Mile

email address: \_\_\_\_\_  Check to receive emails about other upcoming events.

### Waiver for the Labor Your Legs 5K Run and Walk

In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I am also aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise.

I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, web site images, recordings or any other record of this event.

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

(Parent if under 18 years of age)

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

Make checks payable to: **Pine Belt Pacers**

Mail Entries to: **Pine Belt Pacers, Attn: Keith Barrett, 641 River Road, Hattiesburg, MS 39401**