

Mendenhall Mayoral



HEALTHY LIFESTYLE



Health Council Mendenhall In May 5K Run/Walk



May 16, 2026
7:30A.M.



Location: Main & Pine Streets, Mendenhall

Awards 5K Run & Walk & Fun Run: Medals to ALL finishers

Team Award: Largest Team

Fees: FREE - FREE - FREE - FREE - FREE - FREE - FREE

Awards Ceremony Immediately after One Mile

**Mendenhall Mayoral
Health Council 5K** Mail entry form to:
MMHC 5K, PO Box 231, Mendenhall, MS 39114

For More Information Call
Or Text 601-201-1629

OFFICIAL USE ONLY

Race you are entering: (Check one) 5K Run 5KWalk One Mile Fun Run

Team Name _____

Name _____ Age(on 1/18/2024) _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ T-shirt size(Circle one): YS YM S M L XL XXL (\$2.00 extra)

WAIVER: In consideration of your acceptance of this entry, I herby for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against The Mendenhall Mayoral Health Council, the City of Mendenhall and any individuals associated with this event, for any injuries or death suffered by me in connection with said event. I herby certify that I am adequately trained and fit to participate in this race and understand my participation in this event is a completely voluntary undertaking of my own choosing, and further, I fully understand that in so doing, I assume all risks involved in this event. I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

Signature _____ Date _____
(Parent or guardian must sign if under 18)