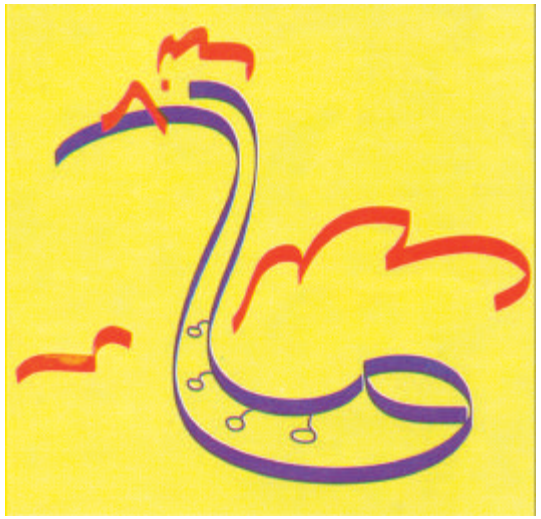
WING DANG DASH
5K RUN/WALK
½ Mile Kids Fun Run
Sponsored by Forest Area Chamber of Commerce



Forest, MS
Saturday, Sept. 30th
8:00 am at Gaddis Park

5k Run/Walk $20 pre/$25 race day
½ Mile Fun Run $10 pre/$15 race day
There will be **NO REFUNDS**!

Late Registration is after Sept. 1st. Shirts are not guaranteed after Sept. 1st.
The **Wing Dang Doodle Festival** will start at 8:00am with a chicken wing cooking contest, 5k run/walk & fun run, wing eating contest, tractor show, live music and other activities.

Long Sleeve T-Shirts

Online registration at active.com or
http://www.active.com/forest-ms/running/races/wing-dang-dash-2015

*****Race day T-shirts are only ordered for pre-registered.**
*****No T-shirts will be given for fun run participants.**

*Door Prizes & awards will begin after opening ceremonies.

5K Run Awards: Male and Female:
Overall male/female, and top three in each age group will be awarded medals. 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 over

5K Walk Awards:Male andFemale:
Overall male/female, and top three in each age group will be awarded medals. 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

½ Mile Fun Run Awards:
Overall male/female, and top three in each age group will be awarded prizes.
0-5, 6-8, 9-11, 12-14

Fun Run starts at approximately 9:00 AM. Fun Run participants will not receive T-shirts.

For more details visit:
www.wingdangdoodlefestival.com or
www.forestareachamber.com
or call Ryan Reeves at (601)507-1238 or
Matt Alford at (601)507-1025.

REGISTRATRION FORM

I wish to enter the: (*circle one*)

5K Run 5K Walk ½ Mile Fun Run

Name: _____
First Last

Address: _____
Street/PO Box #

City State Zip

E-mail Address _____

Phone: _____

Gender: _____ Age: _____ (as of race day)

T-shirt size: (*circle one*) Not guaranteed after Sept. 2nd.

Adult: S M L XL XXL +$2

Youth: S M L

Release and Waiver

I, the undersigned, in consideration of acceptance of the entry and registration as a participant in the Wing Dang Dash hold harmless and waive any and all claims which I and my heirs or assigns may now or hereafter have against The Forest Area Chamber of Commerce, its members, and all City of Forest officials, volunteers and sponsors of the Wing Dang Dash which may indirectly or directly result from my participation in the Wing Dang Dash. I further warrant and represent that I am in proper physical condition to participate in the Wing Dang Dash 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 Wing Dang Dash.

Signature of runner Date
(Or parent or guardian if runner/walker is under 18)

Make checks payable to: Forest Area Chamber of Commerce
No Refunds!

Mail to: Wing Dang Dash
PO Box 266
Forest, MS 39074

Email to: forestareachamber@att.net