

MTC
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Cellular[®] SOUTH

GOVERNOR'S CUP

5 MILE RUN/WALK/1 MILE

8:00 a.m. -- Saturday, October 18, 2003



In association with the Governor's Commission on Physical Fitness & Sports

Register online at
www.active.com



REGISTRATION/PACKET PICKUP -- Packet pickup and race day registration for all events open at 6:30 a.m. at **Smith Park** in downtown Jackson.

ENTRY FEES -- \$12 pre-registered: \$15 race day.

Family (5 max, same address): \$35 - pre-registered only.

CORPORATE TEAM COMPETITION

Team fee: \$50 each team. Team members must work for the same company a minimum of 30 hours a week or be retired from that company. Businesses may enter more than one team; each team consists of three to five members. Top three times will be used to compute overall team's time. Team competition is for 5 Mile Run and 5 Mile Walk only. Team members qualify for individual awards.

Submit all team entry forms with all fees in one envelope. No Race Day Team registration. Deadline for team entry is October 13, 2003.

MTC and sponsors are not responsible for packets or trophies not claimed on race day.

AWARDS

5 Mile Run: Male & Female: Overall; Masters; Grand Masters, Senior Masters; top 3 in age groups: 10 & under; 11-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over.

5 Mile Walk: Male & Female: Overall, Masters, Grand Masters, Senior Masters; top 3 in age groups 0-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.

1 Mile Run: Male & Female: Overall (15 & under), top 3 in age groups 5 & under, 6-7; 8-9; 10-11; 12-13; 14-15.

Corporate Teams: 1st, 2nd, & 3rd place in 5 Mile Run and 5 Mile Walk.

REFRESHMENTS -- Fruit, water, sports drinks, cookies and pizza will be provided after race.

DONATIONS -- Please bring your old running shoes and T-shirts to be donated to the Stewpot Closet.

NOTICE: -- No headphones, strollers, roller blades, dogs or bicycles allowed on the course, please.

GOVERNOR'S CUP 5 MILE RUN/WALK & 1 MILE RUN

(Mail entry form and check to MTC, P.O. Box 1414, RIDGELAND, MS 39157)

Name _____ Age _____ Sex _____

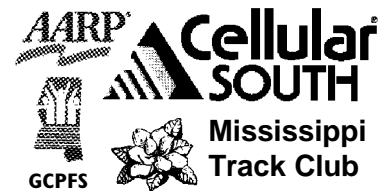
Address _____

City _____ State _____ Zip _____

Ph _____ email _____ T-shirt size: S M L XL

Choose one: 5 Mile Run _____ 5 Mile Walk _____ 1 Mile Fun Run _____

Corporate Team Entrant _____ Name of Team _____



GCPFS
XXL(\$2.00 extra)

For Official Use Only

WAIVER: In consideration of your acceptance of this entry, I hereby for myself, my heirs, my executors, and administrators, waive any and all rights and claims for damages I may have against the Mississippi Track Club, Inc., Cellular[®] South., Mississippi Bottled Water and any other individuals associated with this event, for any and all injuries or death suffered by me in connection with said event. I hereby certify that I am adequately trained and fit to participate in this event and I fully understand that 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. In completing this form, I acknowledge that I am an amateur in such events. I also give permission for the free use of my name and picture in any broadcast, telecast, or print media account of this event. I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

Signature _____ Date _____

(Signature of parent or guardian required if under 18)

Register online at www.active.com

