



RunToThe

Greater Belhaven Market!

5K Run/Walk /1 Mile Fun Run /30 yard Tot Trot
8:00 a.m., Saturday, September 9, 2006



Sponsored by Healthy Jackson and directed by the Mississippi Track Club, the course includes flats and hills through the historic neighborhood of Belhaven. The Greater Belhaven Market, open EVERY Saturday, April - December, 9 a.m.- 1 p.m. will be the award presentation site.

Cost: \$15-pre-registration (No refunds); \$20.00-on race day; \$10-Fun Run; No charge for the Tot Trot.

Registration: Pre-register by mail, post-marked no later than Saturday, August 26, 2006 .

Race day registration begins at 7:00 a.m. at the former Greater Belhaven Market site, located on the corners of Fortification, North and Carlisle Streets (behind the McDonald's on North State Street). Enter on Carlisle Street.

Covered parking is available in the Baptist Health Center Parking Lot.

Race Amenities: 5K Race T-shirt, beverages,fruit, door prizes after the Fun Run.

T-shirt sizes are only guaranteed for pre-registered participants. Market gift certificates will be presented (big hit with the runners last year!!), in lieu of trophies, for age groups 20 and over. Extra t-shirts--\$10.

Awards & Age Groups: Award ceremony to be held at the present Market site, McDade's Belhaven Parking Lot, 904 E. Fortification St, Jackson, 39202 immediately following the 1 Mile Fun Run. A male/female winner in the overall, masters, and grand masters divisions will be given. As well, 1st, 2nd, 3rd places in the following age groups will be awarded:



AGE GROUPS			
5K Run (male & female)	5K Walk (male & female)	1 Mile Fun Run	Tot Trot
14 and under		0-6	0-3
15-19	19 & under	7-10	
20-24	20-29	11-15	
25-29			
30-34	30-39		
35-39			
40-44	40-49		
45-49			
50-54	50-59		
55-59			
60-64	60-69		
65 & over	70 & over		

AM SOUTH BANK
THE RELATIONSHIP PEOPLE



COURT HOUSE
RACE & FITNESS



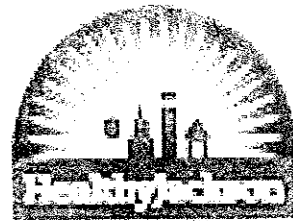
Daily Equipment Company



McDade's Market



GREATER
BELHAVEN



**Registration Form - Run to the Market,
September 9, 2006 8:00 AM**

To register, please complete this form and return it with \$15 payment (pre-registration - \$20 day of race) payable to the

Greater Belhaven Market/ Run to the Market.

Send to Cathy Massey, 1036 Riverview Drive, Jackson, MS 39202

Tel.: 601.720.7114

If you need to email Cathy for further information, her email is
cathymassey@jam.rr.com

5K Run ()	5K Walk ()	One Mile Fun Run ()	ages 15 & under ()	Tot Trot ()
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Name: _____ Phone: _____

Address: _____ Email: _____

Age: _____ Male () Female ()

T-Shirt Size (free T-shirt included with registration - see **Race Information**):

Small ()	Medium ()	Large ()	XL ()	XXL () \$2 extra charge
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Extra T-Shirt () \$10 - specify size

WAIVER: In consideration of this entry's acceptance, I, the undersigned as a participant in the Run to the Market 5K Run, waive any and all rights and claims for myself, heirs, executors and administrators of damages that I might have against the Greater Belhaven Neighborhood Foundation, the Greater Belhaven Market, and any and all sponsors, its members and volunteers, MS Track Club, and any and all officials which may indirectly or directly be connected with this race, in case of any injuries, loss or death sustained by my participation. I further state that I am in proper physical condition to participate and compete in the Run to the Market and I am not participating against doctor's advice nor am I taking medications that would deter my health in the participation of the Run.

Participant's Signature: _____
Date: _____

Signature of Parent or Guardian
(if participant is under age 18): _____
Date: _____

Comments: _____