

Cedar Grove Baptist Church
1425 Pochahontas Road, Flora, Mississippi 39070
"A Model Ministry for the Messiah"
www.cedargrovebaptistms.org

Second Annual 5K/Run and Walk
Saturday, August 26, 2006 – 8:00 a.m.

Race Directed by Mississippi Track Club

Pre-register by mail or at Cedar Grove Baptist Church no later than Friday, August 18, 2006. On race day, registration begins at 7:00 a.m. on the parking lot of the church. Pre-registration is \$15. Race packets may be picked up at Cedar Grove on Friday, August 25th between 5 p.m. and 8 p.m. or from 7 a.m. until race time on Saturday, August 26, 2006.

Schedule

8:00 am.....5K Run
8:05 am.....5K Walk
9:00 am.....1 mile fun/run begins

Awards

- Male/Female overall/Masters, Grand Masters and Senior Masters
 - 1st, 2nd, 3rd place 5K run (male & female) 18 and under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50+
 - 5K walk (male & female) 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
 - One mile fun run-Trophies (overall male and female winners).
 - Medals -1st, 2nd, 3rd in age groups: 0-5, 6-7, 6-9, 10-11, 12-13, 14-15.
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Registration Form

To register, complete and return to: Cedar Grove Baptist Church
C/o Brother George Crowley
Post Office Box 12764
Jackson, Mississippi 39211
601-362-4366

Check one: 5K Run () 5K Walk () 1 Mile Run () Age Group 15 and under ()

Name _____ Phone Number _____
Address _____ City _____ State _____ Zip _____
Age ___ Male ___ Female ___ Shirt Size (please circle) AS, AM, AL, AXL, AXXL*, (\$2 extra*)
Youth: M, I.

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

Participant's Signature: _____ Date _____

Parent's Signature if participant is less than 18 years old: _____