

# Center of Excellence



**Saturday, April 21, 2007**

**7:00 a.m. — Registration**

**8:00 a.m. — 5K Race**

**9:00 a.m. — 1 Mile Fun Run**

**Race Directed by:**  
Mississippi Track Club

**Supporting Sponsors:**  
AKA Sorority, COMP USA, Fleet Feet, Gifted Hands Massage,  
Marble Slab Creamery (County Line Rd.), Smoothie King (Ridgewood Court),  
Wiser Women, UMC Department of Medicine, UMC Department of Family Medicine

- Location:** Norman C. Nelson Student Union, on the UMC Campus (take Lakeland Drive off I-55 and turn at the north entrance of the UMC campus)
- Course:** The course is exclusively on UMC's campus. The Fun Run will begin after the 5K race. The course will have aid stations and mile splits.
- Amenities:** T-shirt guaranteed for all pre-registered participants and refreshments. Awards go to over all and age group winners and Fun Run participants.
- Entry Fee:** Pre-registration for 5K run and walk is \$12.00. The late registration fee (after April 8th) is \$15.00. 1 Mile Fun Run is \$10.00.
- 5K Run:** Overall male and female winners, Masters (40+), Grand Masters (50+) and top three in each age group: 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+.
- 5K Walk:** Overall male and female winners, Masters (40+), Grand Masters (50+) and top three in each age group: 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+.
- Teams:** First, Second, and Third place in 5K run and 5K walk.  
TEAM Competition: Team Fee: \$50.00 each team. Team members must work for the same company or be retired from the company. For UMC employees, team members must work in that department. Businesses and UMC Departments may enter more than one team! Each team consists of 3 to 5 members. Top three teams will be used to complete overall team's time. Team members qualify for individual awards. Submit all fees in one envelope. No race day team registration. Team deadline April 14, 2007.
- 1 Mile:** Limited to 15 years and under. Ribbons will be presented to all finishers. Overall male and female and top three in these age groups: 0-5, 6-7, 8-9, 10-12, and 13-15.
- Door prizes will be given away - must be present to win.*

Send entry forms and fees, and make checks payable to:  
**CoE "Run For Your Life" - UMC Alumni Affairs  
Office of Alumni Affairs  
2500 North State Street  
Jackson, Mississippi 39216-4505**

## COE "RUN FOR YOUR LIFE" 5K RACE REGISTRATION FORM

Circle Event:      5K Run                  5K Walk                  1-Mile Fun Run                  Team

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

T-Shirt Size (circle one):      Youth L      Adult S      Adult M      Adult L      Adult XL      Adult XXL (Add \$2.00 to race fee)

Name of School if participating in Fun Run: \_\_\_\_\_

I hereby certify that I am adequately fit to run in this race and/or participate in the 12 week training program. In consideration or the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against the Center of Excellence in Women's Health, the Mississippi Track Club and/or any other sponsors, organizers and volunteers and assigns for any and all injuries or death suffered by me in this event. I will also allow my picture to be used in publication as a result of this race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(A parent or legal guardian must sign for all participants under the age of 18.)