



All proceeds from the Swinging Bridge 5K will go to the Citizens for Byram Incorporation.

STARTING TIMES:

July 11, 2009

5K RUN/WALK 7:00 am
 1 MILE FUN RUN 8:00 am

The course will begin and end at the Courthouse Racquet & Fitness-Byram.

REGISTRATION & CONTACTS:

Pre-register by completing the registration form.

Amy Douglas
 amy@douglas@aol.com
 601-372-3176

Meghan Buffington
 meghan@mscourthouse.com
 601-372-2229

Sponsored by:



COURTHOUSE

AWARDS & AGE GROUPS:

5K Run & Walk - Male & Female
 Overall, Masters, Grand Masters & Senior Masters

5K Run - Top 3

0-9	10-14	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 - Top 3

0-19	20-29	30-39	40-49	50-59	60-69	70+
------	-------	-------	-------	-------	-------	-----

1 Mile Fun Run - Male & Female

Overall - Top One

1 Mile Fun Run - Top 3

0-5	6-7	8-9	10-12	13-15	16+
-----	-----	-----	-------	-------	-----

FEES:

5K Run/Walk - \$15 pre-registration
 \$20 Race Day

1 Mile Fun Run - \$10 pre-registration
 \$15 Race Day



PRE-REGISTRATION FORM

COURTHOUSE

Sign up for:

Make checks payable to Citizens for Byram Incorporation	Time	Price
<input type="checkbox"/> 5K Run	7:00 am	\$15.00
<input type="checkbox"/> 5K Walk	7:00 am	\$15.00
<input type="checkbox"/> 1 Mile Fun Run	8:00 am	\$10.00
TOTAL		_____

Name _____

Address _____

Phone _____

Age at date of race _____

Male Female

T-Shirt Size (check one)-Guaranteed to first 100.
 Size guaranteed to pre-registrations received by July 1st.

Small Large XX-Large
 Medium X-Large

Child's T-Shirt Size (check one)
 Small Medium Large

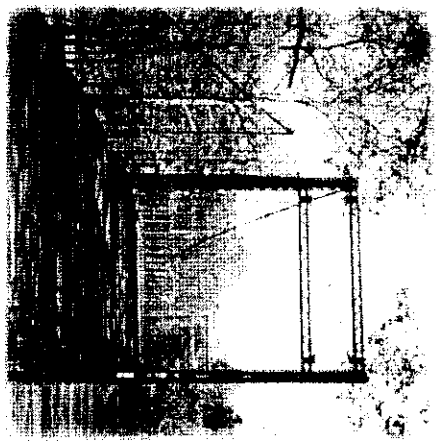
Waiver:
 In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials or sponsors of the 2009 Swinging Bridge 5K for injury or illness which may directly or indirectly result from my participation. I further acknowledge that I am in proper condition to participate in the event.

Signature _____

Signature of Parent or Guardian (if under 18) _____

Date _____

Mail to: Amy Douglas
 109 Hollow Pine Drive
 Jackson, MS 39272



Built in 1905, the Byram Bridge, or "Swinging Bridge," was the only means to cross the Pearl River between Southern Hinds and Rankin Counties. The bridge is a twin tower, swinging, suspension bridge that has a single road lane. The bridge is open only for foot traffic now, but is scheduled for restoration.

