



## Registration Form

I wish to enter the: (Check one)

5K Run     5K Walk     One Mile Fun Run

Name: \_\_\_\_\_ (First) \_\_\_\_\_ (Last)

Telephone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_  
(Street or P.O. Box No.)

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_

Sex: \_\_\_\_\_ Age as of May 16, 2009: \_\_\_\_\_

T-shirt size:

ADULT -  S  M  L  XL  XXL

YOUTH -  S  M

### Runner Must Complete General Release & Waiver Statement

The undersigned certifies that the runner is fit to take part in the Run/Walk and assumes all risks involved. In consideration of the acceptance of this application to take part in the Run/Walk, the undersigned releases the sponsors of the Run/Walk and the Mississippi Track Club, Inc., their agents, officers and employees, and any individuals associated with the Run/Walk from any liability for injury, illness or death suffered by the runner/walker in connection with said participation, or does hereby further agree that this release is binding on the runner and the runner's personal representatives, beneficiaries, heirs, executors and administrators, and further agree that neither the sponsors nor the Mississippi Track Club, Inc., are responsible for the loss of personal items connected herewith. I further authorize the use of my name and picture as may be used for publicity of the race and the results.

Signature of runner \_\_\_\_\_ Date \_\_\_\_\_  
(or parent or guardian if runner is under the age of 18)

Mail Registration Form To:  
Heart of Mississippi 5K Run/Walk  
P.O. Box 437 • Carthage, MS 39051

Heart of Mississippi! 5K Run/Walk  
P.O. Box 437  
Carthage, MS 39051



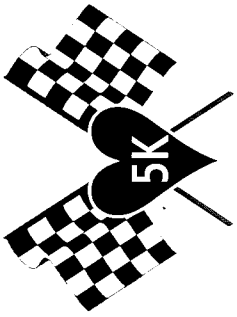
# GRAND PRIX EVENT

## 2009



# Heart of Mississippi 5K Run / Walk

## Saturday May 16, 2009



# Heart of Mississippi 5K Run / Walk

Saturday May 16, 2009

**Race:** Saturday May 16th 8:00 am

**Distance:** 5K Run / Walk • 1-Mile Fun Run

**Route:** Starts at Heritage Banking Group making a loop through town back to bank for finish

**Entry:**

5K Run / Walk (\$10.00 pre-reg. / \$13.00 race day)

Fun Run (\$5.00 pre-reg. / \$7.00 race day)

Family Pack\* (\$30.00 pre-reg. only)

\*Parents and dependents living at same address only

Track Club Team\*\* (\$30.00 pre-reg. only)

\*\*Up to five members per team only

Includes official T-shirt

**All Proceeds From Race Will Go To  
Benefit the D.A.R.E. Program**

Contact 601-267-7311 for details

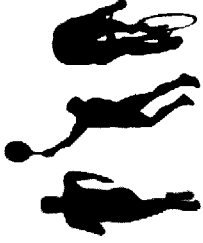
Sponsored by:



Carthage Discount Drugs  
601-267-4533



Cox & Powers  
Insurance



GOOD HEALTH THROUGH  
CHIROPRACTIC  
CHIROPRACTIC WELLNESS CENTER  
CARTHAGE, MS  
601.267.3996

Dr. Joanie Winstead



Joiners  
Building Supply



THE CARTHAGIAN



Powered by

**5K Run Age Group:**

Male: 10 & under; 11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & above,  
High School Track Club

Female: 19 & under, 20-29, 30-39, 40-49, 50 & above

**Awards:**

Overall 5K Run: Male and Female winners will receive prize money of \$50 each.

Track Club Teams: Will receive a team award, but members qualify for age class awards. Each team may have up to 5 members. Top three times will be averaged to determine team awards.

**5K Walk Age Group:**

Male & Female: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & above

**Awards:**

Overall 5K Walk: Male and Female winners will receive prize money of \$25 each.

**One Mile Fun Run:**

Age Groups: 5 & under, 6-7, 8-9, 10-11, 12-13, 14-16  
No one over 16 is allowed to participate.

**Awards:**

Overall Fun Run: Male and Female winners. 1st, 2nd, and 3rd place winners in each age group. Ribbons will be presented to all participants.