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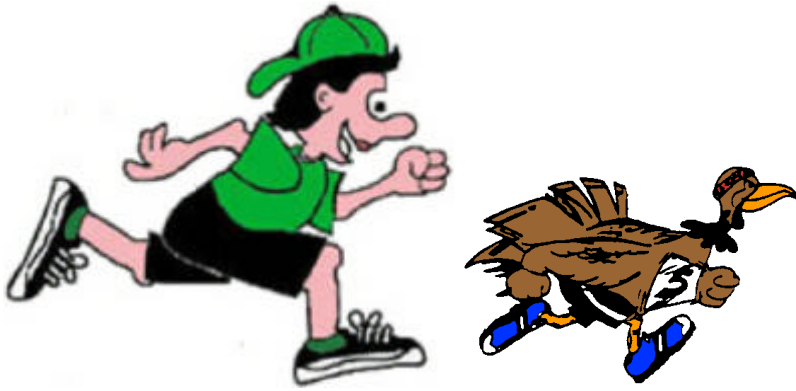


**Mississippi
Track Club**

Presented by



**Mississippi
Governor's
Commission
on Physical
Fitness
& Sports**



Sponsored by



**Farm Bureau
Life Insurance
Company**



GOVERNOR'S CUP 5K RUN/5K WALK

KIDS' ONLY 1 MILE FUN RUN

SATURDAY, NOVEMBER 21, 2009
8:00 A.M. -- 5K RUN/WALK
9:00 A.M. -- 1 MILE FUN RUN

REGISTRATION/PACKET PICKUP -- Packet pickup and race day registration for all events open at 6:30 a.m. at **Smith Park**, downtown Jackson, MS. Preregistration packet pickup also at FleetFeet Sports in Ridgeland 4-6 p.m., Friday, Nov. 20. T-shirts guaranteed to the first 200 pre-registered.

ENTRY FEES -- 5K: \$15 pre-registered; \$20 race day. One mile fun run is free to all participants; registration is open only to children ages 12 and under.

DONATIONS -- You're invited to clean out your closet and pantry for donations to the Stewpot Closet in Jackson.

DOOR PRIZES -- Provided by Fleet Feet Sports..

AWARDS --

5K Run: Male and female: Overall; Masters; Grand Masters; Senior Masters; top 3 in age groups: 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 & over.

5K Walk: Male and female: Overall, Masters, Grand Masters, Senior Masters; top 3 in age groups 0-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over.

Kids' Only 1 Mile Fun Run: Trophies to overall male and female; medals to all finishers ages 12 and under.

No headphones, strollers, roller blades, dogs or bicycles allowed on the course.

Governor's Cup 5K Run/Walk & Kids' Only 1 Mile Fun Run

(Mail entry form and check to MTC, P.O. Box 1414, Ridgeland, MS 39157)



Name _____ Age _____ Sex _____



**Mississippi
Track Club**

Address _____

City _____ State _____ Zip _____



Home Phone _____ Circle T-shirt size: S M L XL XXL (\$2.00 extra)

Choose one: 5K Run _____ 5K Walk _____ 1 Mile Fun Run _____ (registration required only for children 12 & under)

WAIVER: In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, and administrators, waive any and all rights and claims for damages I may have against the Mississippi Track Club, Inc., Farm Bureau Life Insurance Company, Fleetfeet Sports, the Governor's Commission on Physical Fitness & Sports, and any other individuals associated with this event, for any and all injuries or death suffered by me in connection with said event. I hereby certify that I am adequately trained and fit to run in this race and I fully understand that my participation in this event is a completely voluntary undertaking of my own choosing, and further, I fully understand that in so doing, I assume all risks involved in this event. In completing this form, I acknowledge that I am an amateur in such events. I also give permission for the free use of my name and picture in any broadcast, telecast, or print media account of this event. I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

Signature _____ Date _____
(Signature of parent or guardian required if under 18)