



**2009
MAGNOLIA
MELTDOWN**
5K RUN/WALK KIDS ONE-MILE RUN

**Saturday, May 23, 2009
St. Dominic's Dominican Plaza**

SCHEDULE:

- 5K Run/Walk 8 am
- Kids One-Mile Fun Run following 5K

REGISTRATION:

Pre-register by mail or online at active.com no later than May 20, 2009. Race Day registration begins at 7 am. Race packet pick-up for pre-registered participants will be Friday, May 22, from 5-7 p.m., at St. Dominic's Dominican Plaza. For more information, call 601-200-6683 or email ask@stdom.com.

ENTRY FEES:

- 5K Run/Walk: \$15 pre-registration. \$20 day of race
- Kids One-Mile Fun Run: \$10
- Family maximum \$50 for pre-registration only (Immediate family members).

Jackson Heart Clinic, Jackson Pulmonary Associates and St. Dominic's are joining together with other sponsors to help fight the alarming rate of childhood and adult obesity in Mississippi. Join us for this festive 5K Run/Walk in the St. Dominic's and Fondren Neighborhoods.

Proceeds will benefit *Just Have a Ball*, a nonprofit organization that promotes children's fitness. Wilson and Hartwell Furr, a brother and sister from Jackson, came up with the idea to help fight childhood obesity in a state that has the worst overweight statistics in the nation. Their goal is to give a ball to every elementary child in the state to encourage kids to "Just Have A Ball."



AWARDS & AGE GROUPS: Award ceremonies to be held following the Kids One-Mile Fun Run. Overall male and female winners, Masters (40+), Grand Masters (50+) and top 3 in each age group will be presented in the 5K Run and 5K Walk. Overall male and female winners and top 3 in each age group will be presented in the Kids One-Mile Run. **All children who participate in the Kids One-Mile Run will receive a ball!**

- **5K Run:** 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+
- **5K Walk:** 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+
- **Kids One-Mile Fun Run:** 5 and under, 6-7, 8-9, 10-11 and 12-13



To register, please complete the form and mail with registration fee to St. Dominic's, Magnolia Meltdown, 969 Lakeland Drive, Jackson, MS 39216. Make checks payable to St. Dominic Hospital. For more information, call 601-200-6683.

Online registration available at active.com.

Name _____ Age (as of 5/23/09) _____ Sex _____

Address _____

City/State/Zip _____ Phone _____

Event (circle one): 5K Run 5K Walk Kids One-Mile Run

Shirt Size (circle one): YS YM YL S M L XL XXL

I hereby certify I am medically fit to participate in this race/walk. In consideration of 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 Jackson Heart Clinic, Jackson Pulmonary Associates, St. Dominic Health Services, the Mississippi Track Club and all/or other sponsors, organizers and volunteers and assigns for any and all injuries or death suffered by me in the event. I will also allow my picture and name to be used in publications as a result of this race.

Signature _____ Date _____

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