



**SLOW POKE 5K  
5K RUN / WALK  
1 Mile Fun Run**



**The Mississippi Track Club  
In Memory of Johnnie L. Bradley, Sr. aka "The Pepsi Man"  
All Proceeds to Benefit Blair E. Batson Children's Hospital**

Starting Time: 7:30 a.m. Saturday, August 1, 2009  
Location: Neshoba County Coliseum, Philadelphia, MS

**5K Run / Walk Awards  
OVERALL MALE & FEMALE WINNERS, MASTERS, GRAND MASTERS & TOP 3 TEAMS**

**\*\* The Following Categories \*\*  
MALE & FEMALE**

**\*\* 1 Mile Fun Run \*\*  
Overall Male & Female  
Top 3 In Each Group**

10 & Under	30 - 34	55 - 59
11 - 14	35 - 39	60 - 64
15 - 19	40 - 44	65 - 69
20 - 24	45 - 49	70 +
25 - 29	50 - 54	

5 & Under	10 - 11
6 - 7	12 - 13
8 - 9	

Teams (5 Members Maximum - Competing in Same Event)

◆ Youth can participate in only one (1) event

**Registration Form**

**Mail To: Slow Poke 5K**  
Attn: P.O. Box 104  
Union, MS 39365

**Entry Fee:** Individual: Pre-Registration \$15  
Late Registration \$20  
Team: Pre-Registration \$60

**Payable To: Slow Poke 5K**  
**Early Registration Deadline July 25, 2009**

**Fun Run:** Pre-Registration \$12  
Late Registration \$15

5K RUN \_\_\_\_\_

5K WALK \_\_\_\_\_  
(Check One)

FUN RUN \_\_\_\_\_

Team Name: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Last First Home Work

Address: \_\_\_\_\_  
Street City MS Zip

Age (as of 8-01-09 ) \_\_\_\_\_ Sex: \_\_\_\_\_

T-Shirt Size: Youth Med. (10 - 12) Youth Lg. (14 - 16) Adult: Small Medium Lg. XL XXL  
→ (XXL is \$2 Extra)

**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 Slow Poke 5K for injury or illness which may directly or indirectly result from my participation. I further state that I am in proper condition to participate in this event.

Runner's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
( or Parent or Guardian if under age 18 )