



Baptist Health Systems WATERMELON CLASSIC

July 4, 2009

5K Run & Walk 7:30 a.m.

One Mile Wellness Run (for all ages) Tot Trot (ages 3 & under)

Pre-Registration: Ends on July 2 at 5:00 p.m.

*******There will be no registrations taken on July 3*******

Race day registration begins at 6:15 a.m.

Race Managed by MS Track Club Certification Code MS02002RH



BlueCross BlueShield
of Mississippi



TODAY'S BEST COUNTRY

Location: Mississippi Sports Hall of Fame and Museum., 1152 Lakeland Drive. Exit 98B off I-55 North.

To Register: 1) MS Sports Hall of Fame. M-F 9-5; Sat. 10-4. 2) Mail form to MS Sports Hall of Fame, P.O. Box 16021, Jackson, MS 39236
3) register online at www.active.com 4) Forms may be printed from MS Sports Hall of Fame & Museum web site: www.msframe.com. Click Special Events. 5) Forms may be picked up at Fleet Feet Sports. **Make checks payable to the MS Sports Hall of Fame and Museum.**

T-shirts/Tanks: The earlier you register, the higher probability you will get a shirt prior to the race. In the event shirts must be re-ordered, it will be your responsibility to get your shirt. Allow 3 weeks for delivery. Museum # 601-982-8264.

Fees: Pre-Registered (on or before July 2) 5K Run and Walk \$18 \$25 Race Day
Blue Cross & Blue Shield of Mississippi One Mile Run \$13 \$15 Race Day (\$8 if also entered in 5K)
Family Rate (immediate family only) (max of 5) \$55 Pre-registration Only

No registration for Tot Trot (ages 3 & under - no prizes, just photo op). **Can get a Tot Trot shirt for \$10.**

Tot Trot located in the parking lot immediately adjacent to the Museum. and will be held after the 5K and One Mile Run.



No Pets. Strollers must be in the back of the pack !!

Parking: If our parking lot is full, park at the North Jackson baseball field on Lakeland. We will have volunteers monitoring the slots left in our parking lot. Portable Toilets will be available in parking lot as well as the Museum's restrooms.

Corporate Teams: MUST PRE-REGISTER. No Race Day entries accepted. Team Registration is \$70. Team members must all be competing in the **same** race; i.e. Run or Walk. Can be a combination of males and females. **Team members must be employed at the same company.** Entries must be submitted together. Teams may have 3-5 members. Top 3 finishers for each team will be scored. No changes on race day. Awards: 1st, 2nd, 3rd places. in Run and Walk.

Costume Contest: Special prize to the best July 4th outfit ! **You must complete the race in your costume.** Winner will be determined by audience selection at the awards ceremony.

Awards: Overall Top 4 Male/Female in Run & Walk; Masters & Grandmasters in Run and Walk. 1st, 2nd, 3rd Place Awards (4th in some age categories- run only) **5K Run** Male: 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+. Female: same except 60 + and 70+. **5K Walk:** Male & Female: 19 & under; 20-29; 30-39; 40-49; 50-59; 60-69; 70+. **Blue Cross & Blue Shield of Mississippi One Mile Wellness Run: Kids:** Overall Winner, Male & Female: 1st, 2nd, 3rd Place Awards: 5 & under; 6-7; 8-9; 10-11;

12-13. Ribbons to finishers as long as supply lasts. **NEW !!!! Adult Blue Cross & Blue Shield of Mississippi Wellness**

Run Top male and female finisher. Will race the same time as the kids.

If you plan to compete in both the 5K and the One Mile Wellness Run, add \$8.00 You will be given a 2nd race number.

Please print. Check to make sure nothing has been omitted !!

Name _____ Male _____ Female _____

Address _____ City _____ State _____

Zip _____ Email _____ Age on Race Day _____

Day time/cell phone _____ (a must in case you forget to circle or we can't read it !)



Circle Event: 5K Run 5K Walk 1 Mile Wellness Run

Circle Shirt Type: T-shirt Tank (limited tanks ordered) (Adult sizes only)

Circle Shirt Size Youth: YXS YS YM YL Adult: S M L XL



I hereby certify that I am adequately trained and fit to participate in this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representatives, beneficiaries, and heirs knowingly waive, release and forever discharge and all rights and claims which I may hereafter accrue to me or my estate against Baptist Health Systems, the Mississippi Sports Foundation, the race directors, and other sponsors of this race and assigns for any and all injuries or death suffered by me in this event. I knowingly assume all risks involved in this event. I will allow my picture to be use in telecasts, publications, etc. as a result of this event.

Signature _____ Date _____

Parent or guardian must sign for walkers or runners under 18 yrs.