



LAKE CAROLINE 15K Run/Walk

October 23, 2010

7:00 a.m. -- Walkers

7:30 a.m. -- Runners



Mississippi Track Club



WHERE... Course winds through scenic Lake Caroline development, near north Bozeman Road. Take Gluckstadt exit off I-55.

WHEN... Saturday, October 23, 2009. 15K Racewalk starts at 7:00 a.m. 15K Run starts at 7:30 a.m.

All participants should check in at the Lake Caroline club house parking by 6:30 a.m. for packet pickup.

MTC is not responsible for packets or trophies not claimed on race day.

REGISTRATION... Pre-registration (postmarked no later than October 18) \$20, \$25 race day.

Long sleeve t-shirts guaranteed to first 150 entrants.

Water, gatorade, soft drinks, fruit, cookies and pizza and available after race.

AWARDS...15K Run Male/Female: Overall, Masters, Grand Masters, Senior Masters. Age group awards to top three.

Male: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.

Female: 18 & Under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Over

15K Racewalk: Male/Female: Overall, Masters, Grand Masters, Senior Masters. Top ten (10) finishers Male AND Female.

----- ✂ -----

LAKE CAROLINE 15K Mail entry form and check to:
MTC, PO Box 1414, Ridgeland, MS 39157-1414

Race you are entering: (Check one) 15K Run _____ 15K Racewalk _____



Register online at
www.active.com



OFFICIAL USE ONLY

Name _____ Age (on 10/23/2010) _____ Sex _____

Address _____ City _____ State _____ Zip _____

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

WAIVER: In consideration of your acceptance of this entry, I herby for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against The Mississippi Track Club, Inc., Lake Caroline, Inc., and any individuals associated with this event, for any injuries or death suffered by me in connection with said event. I herby certify that I am adequately trained and fit to participate in this race and understand 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. I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

Signature _____ Date _____

(Parent or guardian must sign if under 18)