



COMMUNITY DEVELOPMENT CORPORATION

P.O. Box 2794 Jackson MS, 39207 (601) 317-0563 upliftingministries@yahoo.com

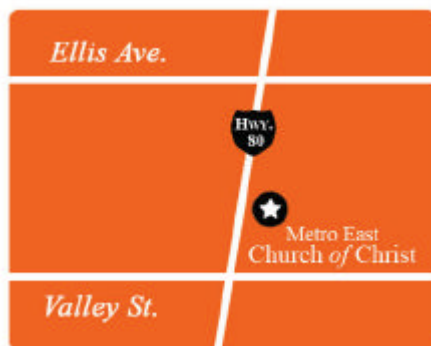
UPLIFTING YOU



5K RUN / WALK & HEALTH FAIR

MS Track Club Event!!!

Trophies all ages & T-Shirts January 23, 2010
8:00am start time! Start & Finish at Metro East!



- WHEN:** January 23, 2010 8:00am
Race Day Registration at 7:30am – 8:00am
- ENTRY FEE:** \$15 EARLY REGISTRATION
\$20.00 Day of Event (includes T-shirt & Prize draw!)
- Also:** Health Screenings, Fitness Information,
Booths for Blood Donations, Health Awareness
FOOD BOOTHS & DOOR PRIZES!!!!
- WHERE:** 1820 Hwy. 80W Jackson MS
(Metro East church of Christ)



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UPLIFTING YOU 5K RACE & HEALTH FAIR



MS Track Club Event Trophies all ages & T-Shirts

REGISTRATION:

Pre-register by mail, postmarked no later than Monday, January 19, 2010. Race day registration begins at 7:30 a.m. at 1820 Hwy 80W (Metro East church of Christ). Pre-registration is \$15 and race day is \$20 for each race. Family maximum is \$50 (pre-registration only) and applies to immediate family only (parents and children). Uplifting Ministries will not be responsible for race packets or trophies not claimed on race day.

AWARDS & AGE GROUPS:

Award ceremony will be held at the Start/Finish area (MECOC).

5K Run and Walk:

Overall male and female in Open, Masters, Grand Masters, Senior Master Divisions; 1st, 2nd, 3rd in age groups.

One Mile Fun Run:

Ribbons will be presented to all finishers. Awards will be given to overall male and female.

Age groups for 5K run:

Male: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Female: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Age group One Mile: Male & Female – 0-5, 6-7, 8-9, 10-11, 12-13, 14-15

Uplifting You 5K Race Saturday January 23, 2010 (To register, please complete the form and mail with payment: Uplifting Ministries CDC, P.O. Box 2794, Jackson MS 39204 for more information, please call 601-317-0563)

Name _____ Age (1/24/09) ____ Sex _____

Address _____ Phone Number _____

City/ State / Zip _____

Shirt size: S M L XL XXL (\$2 extra)

Circle race entering: 5K Run 5K Walk Fun Run

Waiver: In consideration of this entry acceptance, I hereby for myself, my heir, executors and administrators, waive any and all rights and claims to damages I may have against MTC, Sponsors, Uplifting Ministries, Metro East church of Christ and any other individual or entities connected the sponsoring or organizing of this event or other MECOC events, and for any injuries, loss or death sustained by me. I am in good physical condition for this event.

Signature _____ Date _____

(If participant is under 18, parent or guardian must sign.)