



**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 14, 2010
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**

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	

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

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

Teams (5 Members Maximum, 3 Minimum - Competing in Same Event)

*** This years race will also feature a team competition. Teams may have 3 to 5 members, but only the top 3 finishers for each team will be scored. Please submit entry forms for each team member, and send all entries and fees in a single envelope. Each team must provide a team name. No race day team registration. Awards to top 3 teams in 5k run and walk.**

** Youth can participate in ONLY one (1) event. **

(REGISTRATION FORM)

**Mail To: Slow Poke 5K
Att: 13030 Hwy 491 S
Union, MS 39365**

Entry Fee: Individual: Pre-Registration \$18
Late Registration \$20

**Payable To: Slow Poke 5K
Early Registration Deadline August 6, 2010**

Team: Pre-Registration \$15 per participant (min.3; max 5 people)
Family: \$65 per family (max 5 members 5K or Fun Run)

5K RUN []
5K WALK [] (Check One)
FUN RUN []

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

Team Name: _____

Name: _____ **Phone:** _____
Last First Home Work

Address: _____
Street City MS Zip

Age: (as of 08/07/10) _____ **Sex:** _____

T-Shirt Size: Small (6-8) Youth Med. (10-12) Youth Lg. (14-16) Adult: Small Medium Lg. XI XXI (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 2010 Slow Poke 5K for injury or illness which may directly result from my participation. I further state that I am in proper condition to participate in this event.
Contact: Michael Dunehew at 601-728-1721

Runner's Signature: _____ **Date:** _____
(Parent or Guardian if under age 18)