



LAKE CAROLINE 15K Run/Walk/Relay

November 30, 2019

7:00 a.m. -- Walkers

7:30 a.m. -- Runners & Relay

USATF Certification MS11036MS



Mississippi Track Club



WHERE... Course consists of two approximately 4.6 mile out-and-back keyhole routes as it winds through scenic Lake Caroline development. Take Gluckstadt exit off I-55 and follow signs to Lake Caroline.

WHEN... Saturday, November 30, 2019. 15K Walk starts at 7:00 a.m. 15K Run & Relay starts at 7:30 a.m.

All participants should check in at the Lake Caroline marina 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 November 23) \$25, \$30 race day, \$40 relay team-pre-registered only.

Long sleeve t-shirts guaranteed to first 200 entrants.

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

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

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

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

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

15K Relay: Top Three Two Person Teams - Transition point is near the finish/marina area.

LAKE CAROLINE 15K Mail entry form and check to:
Lake Caroline 15K, 508 Winter Oak Cove, Madison, MS 39110-9150

Register online at
Active.com



OFFICIAL USE ONLY

(Check one) 15K Run 15K Racewalk 15K Relay Team Member

Name _____ AGE _____ DOB _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ T-shirt size(Circle one): S M L XL XXL (\$3.00 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 Owners Association, 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)