



Presented by St. Joseph Booster Club

SIEMENS

Saturday, July 31, 2010

RACE TO BEGIN AND END AT:

St. Anthony Catholic School
1585 Old Manssdale Road
Madison, MS

SCHEDULE:

- 7:00 a.m. Race day registration & race packet pick-up for pre-registered participants
8:00 a.m. 5K Run/Walk
Kids One-Mile Fun Run following 5K

ENTRY FEES:

- 5K Run/Walk: \$20 pre-registration before July 26; \$25.00 after July 26th.
Kids One-Mile Fun Run: \$10
Family: maximum \$60, pre-registration only; limited to 5 immediate family members.
Team: \$75 pre-registration only. NO RACE DAY ENTRIES ACCEPTED. Teams may consist of up to 5 members, scoring top 3. Please submit an entry form for each team member, and send all entries/fees in a single envelope.

AWARDS & AGE GROUPS: Award ceremonies to be held following the Kids One-Mile Fun Run. Overall male and female winners, Masters (40+), Grand Masters (50+) and top 3 in each age group will be presented in the 5K Run and 5K Walk. Overall male and female winners and top 3 in each age group will be presented in the Kids One-Mile Run.

* CLYDESDALE / ATHENA DIVISIONS (run only):

These four division (Clydesdale under 40, Athena under 40; Clydesdale 40 and over, Athena 40 years and over) are based on weight rather than age. Men weighing 185 plus and women 140 pounds and over are eligible but not required to race as a Clydesdale or Athena.

- 5K Run: 14 and under, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 25 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69 and 70+
5K Walk: 14 and under, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 25 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69 and 70+
Kids One-Mile Fun Run: 5 and under, 6 - 7, 8 - 9, 10 - 11 and 12 - 13
Team: First, Second & Third place in 5K Run & 5K Walk Awards in each divisions: high school & corporate.
CLYDESDALE / ATHENA: Top three in each division.

For more information, contact Mike Crandall:
601-856-9385 or 601-953-1817
crandall84@comcast.net

Training and refreshments provided by St. Dominic Sports Medicine
More fun includes.....hot dogs, ice cream, and activities for kids!



Mail completed registration form and registration fee to:
(checks payable to St. Joseph Catholic School)
For more information, contact Mike Crandall:
601-856-9385 or 601-953-1817
crandall84@comcast.net

St. Joseph Catholic School
ATTN: Booster Club
P. O. Box 2027
Madison, MS 39130-2027

Name _____ Age (as of 7/31/10) _____ Sex _____

Address _____ e-mail: _____

City/State/Zip _____ Phone _____

Event (circle one): 5K Run 5K Walk Kids One-Mile Run * Clydesdale * Athena

Shirt Size (circle one): YS YM YL S M L XL XXL (add \$2.00)

Team Name (if applicable) _____

I hereby certify I am medically fit to participate in this race/walk. In consideration for the acceptance of this entry I, the undersigned, for myself, my personal representative, beneficiaries and heirs, knowingly waive, release and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against St. Joseph Catholic School, St. Joseph Booster Club, St. Anthony Catholic School, and the Mississippi Track Club and all/or other sponsors, organizers, and volunteers and assigns for any and all injuries or death suffered by me in the event. I will also allow my picture and name to be used in publications as a result of this race.

Signature _____ Date _____
(A parent or legal guardian must sign for all participants under the age of 18.)