

DST Orange the World 5K Run/Walk and Health & Wellness Expo

Saturday, March 25, 2017 ▲ 8:00 a.m.

Tougaloo College

500 West County Line Road, Tougaloo, MS 39174

Sponsored by:

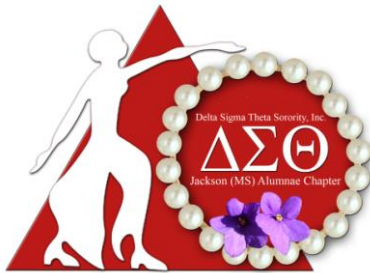
Jackson (MS) Alumnae Chapter

Delta Sigma Theta Sorority, Inc.

& Tougaloo College Counseling Services

Benefitting:

Matt's House Women's Shelter & Counseling Services at Tougaloo College



Orange the World: Raise Awareness to End Violence against Women and Girls

PRE-REGISTRATION DEADLINES: By mail postmarked no later than March 18, 2017. Online by March 23, 2017.

RACE FEES:

▲ **Students** - \$15 (High school/Undergraduate)

▲ **Adults** - \$25 (Pre-Registration), \$30 (Onsite)

▲ **Team or Family** (3 to 5 members) - \$75 Pre-registration only

ON SITE: REGISTRATION/ RACE PACKET PICK UP:

7:00 am -7:45 am at the Tougaloo Owens Health and Wellness Center, 500 West County Line Road, Tougaloo, MS 39174

COURSE: Start and finish at the Tougaloo Owens Health and Wellness Center. Racers will run/walk through the Tougaloo community and the historic Tougaloo College campus.

AMENITIES: T-shirt to first 200 entrants, water, refreshments, door prizes and a **FREE** health & wellness expo.

AWARDS: Overall, Masters, Grand Masters. Age group and team awards to top three in 5K run and walk.

5K Run/5K Walk

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

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

TEAM COMPETITION: Teams may have 3-5 members, but only top three finishers will be scored for team time. Please submit a separate form for each team member and send all team entries and fees together in a single envelope.

HEALTH & WELLNESS EXPO: 9:00 am – 12:00 noon.

Activities will include health screenings, fitness demonstrations, nutrition advice, mental health screenings, chair massages, door prizes and MORE.

RACE WILL BE HELD RAIN OR SHINE. NO REFUNDS.

For more information contact Gwen Handy at 601-376-9216 or Rosie Harper at 601-977-7818 or send e-mail to JMACDST5K@gmail.com

Race Directed by:  **Mississippi Track Club**

REGISTRATION FORM

REGISTER ONLINE AT WWW.ACTIVE.COM



Official Use Only
BIB# _____

(Circle one) 5K Run 5K Walk Team Name _____ (If Applicable)

Name _____ Age (as of 3/25/17) _____ Gender _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Team Name _____

Ghost Runner: I am not able to participate but please accept my donation \$ _____ enclosed.

T-Shirt Size: (Circle One) S M L XL XXL XXXL Total Amount Enclosed: \$ _____

For Students Only: Mail copy of student ID with payment or show ID before picking up race packet.

PERMISSION/CONSENT TO PARTICIPATION, WAIVER, RELEASE AND INDEMNITY AGREEMENT:

I, for myself and my child (the "Participant"), consent(s) to participation in the Jackson (MS) Alumnae Chapter of Delta Sigma Theta Sorority, Inc./Tougaloo College Counseling Services 5K Walk/Run, (the "Walk") to benefit Jackson (MS) Alumnae Chapter ("JMAC") and Tougaloo College Counseling Services ("Tougaloo") programs. Participant agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures and other media without compensation. Participant acknowledges that he/she is physically fit and able to safely participate in the Walk/Run. Participant assumes all risk of injury that may occur as a result of participating in the Event. Participant agrees not to sue, to forever release, indemnify and defend JMAC, Tougaloo; any other person, entity or sponsor connected with the Event; and their affiliates, officers, directors, volunteers and employees (the "Released Parties"), from all claims, actions and liabilities of any type, whether it results from any negligent act or failure to act by the Released Parties (including, but not limited to, damages for personal injury or death), that arises out of participation in the Walk/Run. **IMPORTANT: PARTICIPANTS UNDER AGE 18 CANNOT SIGN THIS FORM; ONLY THEIR PARENT OR GUARDIAN MAY SIGN ON THEIR BEHALF.**

Printed Name: _____ Date: _____

Participant's Signature (Parent or Guardian must sign form if under 18): _____

Make Checks Payable to: Jackson (MS) Alumnae Chapter

Mail Entry Form and Check to: Jackson (MS) Alumnae Chapter, P.O. 96 Jackson, MS 39205-0096