



8K RUN / 5K WALK / 1-MILE FUN RUN

February 25, 2017 8:30am

RACE STARTS/ENDS FROM THE FLOWOOD CHAMBER OF COMMERCE
PROCEEDS BENEFIT THE FLOWOOD YMCA



FLEET FEET
Sports

Host Hotel (Special Rates!):

 **Hilton Garden Inn**
Jackson/Flowood, MS

Prizes for the best dressed!




COMMUNITY BANK

AWARDS & AGE GROUPS

Award ceremony immediately following the Kids Fun Run
8K Run: Male & Female Overall, Masters, Grandmasters, and top 3 in each age group
5k Walk: Male & Female Overall, Masters, Grandmasters, and top 3 in each age group

Register online at metroYMCAs.org or by mail to:

The Flowood YMCA 690 Liberty Road; Flowood, MS 39232 postmarked by **February 20th**.

I'll be racing in (please circle one): **8K RUN** **5K WALK** **1-MILE FUN RUN**

Race Fees: 8K RUN/5K WALK \$25 (After 2/20/17, \$35) 1-MILE FUN RUN \$15

Fee includes: T-shirt guaranteed to the first 200 registrants, post-race food, and live music by Southern Komfort Brass Band!

NAME _____ MALE/FEMALE _____ BIRTHDATE _____ AGE AT TIME OF RACE _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
HOME PHONE _____ CELL PHONE _____ EMAIL _____

CIRCLE PREFERRED LONGSLEEVE SHIRT SIZE: YM YL/SM MED LG XL XXL

RELEASE OF CLAIMS:

The undersigned, the "Participant", hereby acknowledges that he/she has voluntarily agreed to participate in the race. The Participant hereby forever releases, acquits, discharges and agrees to indemnify and hold harmless the Flowood Family YMCA, YMCA, City of Flowood, MS Track Club and all event sponsors and volunteers, as well as any officers, directors, agents, employees, successors or assigns of the aforementioned parties, in addition to all other persons who are either directly, or indirectly involved with the Race (collectively the "Released Parties"), from any and all liabilities, claims, damages and demands and all other liabilities or whatever kind of nature arising from or related to the Race, including, but not limited to, any and all liabilities, claims damages and demands arising from any personal injuries, loss or death occurring as a result of the Race. The Participant further agrees that he/she will never institute any action or suit, at law, in equity or otherwise, against any of the Released Parties, and will not aid in the institution or prosecution of any such action or suit against the Released Parties which in any way involves or relates to the Race. The Participant further states that he/she is in proper medical condition to participate and complete in the Race and is not participating against doctors advice, nor is he/she taking medications which would deter his/her health in the participation of the Race. If any act of God forces the cancellation of the Race, the Participant understands that entry fees are non-refundable. This Release shall be binding upon the executors, administrators, personal representatives, heirs, successors and assigns of the undersigned.

Participant's Signature (or guardian if participant is under 18)

Date

For more info please call Casey Custer at 601-664-1955, or email at ccuster@metroymcams.org

