

the city of **RIDGELAND**



Healthiest Hometown Celebration

Saturday, October 19, 2013



FREE
5K Run/Walk
1 Mile Fun Run/Walk

Location:

Olde Towne Ridgeland Plaza (Jackson Street/NE Madison Drive)

Schedule:

7:15 am Check-In/Registration
7:50 am Warm Up
7:55 am Blue Cross & Blue Shield of Mississippi Foundation Presentation
8:00 am Run/Walk Start
Refreshments/Healthy Snacks after Run/Walk

Registration: Pre-registration is preferred. However, registration will be open morning of run/walk. T-shirts guaranteed to first 200 pre-registered participants. Please complete one form per family member.

Registrations should be mailed to: Ridgeland Recreation & Parks, P.O. Box 217, Ridgeland, MS 39158 or you may drop off your registration form to Ridgeland Recreation & Parks Office, located in Ridgeland City Hall, 304 Highway 51 (corner of Hwy 51 & Lake Harbour Drive). Mailed registrations should be postmarked no later than Friday, October 11, 2013. Call 601-853-2011 for more information.

Entry Form

Name: _____ Age: _____ Gender: _____

Address: _____ City/State/Zip: _____

Email: _____ Phone: _____

Shirt Size: Youth: S M L Adult: S M L XL XXL

In consideration of your acceptance of the race entry, I, for myself, my heirs, and executors, forever release, and/all rights, demands, claims, for damage and causes of suite action known or unknown that I may have against City of Ridgeland, and all participation in said run/walk, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses and that I am physically fit and sufficiently trained to participate in the run/walk. If I have a heart condition or high blood pressure, I certify that I have my physicians approval to participate in this event, with obligation or signature.

Signature: _____ Date: _____

(If under 18, signature of parent or guardian)