

Come join Highland Elementary, a 3rd-5th grade school in the City of Ridgeland, for the 2nd annual Titan Trot. The run starts in front of the school on Brame Road and goes North on Highland Colony Parkway. The 5K will feature half pavement and half trail run on the scenic trace. The race will end back at the school.

Prizes will be awarded for the first, second, and third place winners.



THANKS TO OUR SPONSORS!!!



Highland Elementary School
330 Brame Road
Ridgeland, MS 39157

Highland Elementary
Promoting a Healthy
Family Experience!

TITAN TROT

5K Run/Walk

February 25, 2012



Highland
Elementary
School PTO

Contact Debbie Best for more information or to volunteer for this exciting event.
dbestmom1@bellsouth.net or text 601-940-2545

ENTRY FEE

5K Run/Walk	\$20.00 pre-registration \$25.00 race day
1 Mile Fun Run	\$10 pre-registration \$15 race day \$ 5 HES Students
Family Maximum**	\$50 pre-registration \$55 race day

Water and refreshments will be provided for all participants following the races. Students will have activities on the school grounds during the 5K Run/Walk for those parents participating in the race.

SCHEDULE

Race Day Registration*	7:00—7:45 a.m.
1 Mile Fun Run	8:00 a.m.
5K Run/Walk	following Fun Run

* Pre-registered participants may begin picking up their packets at 7:00 a.m.

** Family Maximum consist of Immediate family members only (Father, Mother, siblings, step-parents)

HES Commitment to Family Health

Mississippi has one of the most obese populations in the United States with one of the highest rates of heart disease, diabetes, and other serious illnesses. Events like the Titan Trot are designed to raise awareness concerning these issues and what we can do as families to live a healthier lifestyle. Together we can make a difference for our community and state. Studies show that people who spend time exercising outdoors are generally happier, healthier, and more active with the environment and community. Thank you for participating, and we encourage you to invite your friends, families, co-workers, and neighbors to join us for the Titan Trot 5K Run/Walk. We look forward to seeing you there.

Supporting PTO Projects that Benefit HES

The needs at Highland Elementary include playground equipment, outdoor classroom, technology improvements in the classrooms, and supporting ongoing teacher needs that the school budget does not cover.

*****SPECIAL FRIDAY EVENT*****

Highland Elementary School "Takes to the Streets" February 24, 2012 with Mayor Gene McGee

Come join this awesome event on Friday February 24th as an estimated 1,000 students, faculty, staff, community leaders, friends and family members "Take to the Streets" of Highland Colony Parkway in a 1 mile walk to promote healthy kids!!



REGISTRATION FORM

I wish to enter the TITAN TROT:

- 5K Run/Walk—\$20.00 (\$25 Race Day)
 1 Mile Fun Run for HES Students—\$5.00
 1 Mile Fun Run for 12 & under—\$10.00 (\$15 Race Day)

Make check payable to **HES PTO**
 mail registration form and check to
 HES PTO 330 Brame Road, Ridgeland, MS 39157
 (registrations must be received no later than Friday February 24, 2012)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Contact Number _____

Age: _____ Gender: M F

Circle T-Shirt Size: Youth: S M L XL XXL
 Adult: S M L XL XXL

* Register by 2/10/12 to guarantee a shirt on race day. All others will be on first come/first serve basis on race day.

General Release and Waiver

The undersigned certifies that the runner/walker is fit to take part in the run/walk and assumes all risks involved. In consideration of the acceptance to take part in the run/walk, the undersigned releases the sponsor of the run/walk, Highland Elementary School and the Highland Elementary School PTO and their agents, officers and employees, and any individuals associated with the run/walk from any liability for injury, illness, or death suffered by the runner/walker in connection with said participation, and does hereby agree that this release is binding on the runner/walker and the runner(s)/walker(s) personal representatives, beneficiaries, heirs, executors, and administrators. The undersigned gives permission for the free use of the runner's/walkers's name and any photograph, videotape, motion picture, or any other record of the runner's/walker's participation in this event.

Signature of runner/walker (or parent/guardian if runner/walker is under 18)

Date

If your child attends Highland Elementary School please provide the teachers name and grade so proper credit can be given.

Child's Teacher Name:

Child's Name _____ Grade: _____

(Please do not write in box)