

# FIREMAN 5K



**Saturday  
May 7 2011  
Vanceleave MS**



## EARLY REGISTRATION

\$12.00 IF POSTMARKED BY April 29<sup>th</sup>.  
Make Payable to Scott Johnson  
P.O. Box 5801  
Vanceleave MS 39565

## AWARDS

T-SHIRTS TO ALL ENTRANTS. Awards to Overall, Male and Female winners, Masters Male and Females, and top 3 finishers in each division of the race.

## STARTING TIME

9:00 AM

## REFRESHMENTS

Water, Sports Drinks, Bananas

## START / FINISH

Start time is 9:00 AM. Runners should arrive by 8:30am to receive numbers. All runners must through the chute and have their tab (attached to the race number) filled out completely at the end of the chute to be eligible for an award.

## COURSE

The course is out and back, through a residential neighborhood and around the Lower Elementary, with gradual hills.

## LATE REGISTRATION

All registration postmarked after 29 April, including day of Race Registration will be \$15.00 . Day of Race Registration is Cash only.

## AGE DIVISIONS

Male & Female Divisions  
Under 18 30-34 40-44 50-54  
18-24 25-29 35-39 45-49 55-59  
60 & over

## FOR MORE INFORMATION CONTACT

Scott Johnson 228-826-2724 or 228-217-2724 email [JohnsonChiroprac@bellsouth.net](mailto:JohnsonChiroprac@bellsouth.net)

## FIREMAN 5K - MAY 7, 2011 - VANCELEAVE MS

T-Shirt Size \_\_\_\_\_ Make Checks Payable to - Scott Johnson- P.O. Box 5801 Vanceleave MS 39565 ( Checks are non refundable)

Small  Medium

Large  X-Large

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Sex \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_ Age on Race Day \_\_\_\_\_

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants, the effects o the weather, including the heat and/or humidity, traffic, and the conditions o the road all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the VMA, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event. I grant my permission to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

Date \_\_\_\_\_

Signature (Parent or Guardian if under 18) \_\_\_\_\_