



Saturday, August 7th, 8:00 am

Schedule:

5K Run/Walk - 8:00 am
 1 Mile Fun Run - Immediately following 5K
 Tot Trot - Immediately following 1 mile run

Entry Fees:

5K Run - \$20 pre-registration, \$25 race day
 5K Walk - \$20 pre-registration, \$25 race day
 1 Mile - \$10 pre-registration, \$15 race day

Tot Trot - \$10
 (2 - 5 year old 100 yard dash)

Family Max - \$60
 (immediate family members)

Team - \$75

(Teams must pre-register. Each team member must fill out a registration form. The best three times from each team will be taken)

To register online visit:

www.runforthesonjackson.com

The proceeds from this race will go to benefit Mission First, Inc. This non-profit organization operates the West Park Community Ministry Center which hosts a Legal Aid Office and a Medical/Dental Clinic. The multipurpose building houses health and fitness programs which provide wellness benefits to the residents of the area. Mission First also provides after school programs for children and youth which include tutoring, mentoring, sports teams, music, art, and drama. Along with these services and programs, there is an Emergency Response Team which responds to the needs of the community and the Jackson Metro area when disaster assistance is needed. For more information, call 601-714-6900 or visit **www.missionfirst.org**.



Award Age Groups

(Award ceremonies will be held following the Tot Trot)

5K Run and Walk: (Male and Female) Overall, Masters, Grandmasters, FBCJ Member, Teams, 14 and under, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50- 54, 55 - 59, 60 - 64, 65 - 69, and 70 - over.

1 Mile Fun Run: (Male and Female) Overall, 0 - 6, 7 - 9, 10 - 12, 13 - 15, and 16 - over.

Tot Trot: Every child is a winner



To register, please complete and mail with registration fee to:
FBCJ, 431 North State Street, Jackson, Ms 39201
 Make checks payable to FBCJ, for more info call 601-949-1947 or email bwarf@fbcj.org

Name: _____ Age: _____ Gender: _____

Address: _____ City/State/Zip: _____

Email: _____ Phone: _____

Race: (circle one) 5K Run 5K Walk 1Mile Fun Run Tot Trot

Team Name (if registering for a team): _____

FBC Jackson Member: Yes _____ No _____

Shirt Size: XS 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 First Baptist Church, Jackson, The Mississippi Track Club, and all participation in said race, 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 race. 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. I also understand the entry fee/donation is nonrefundable.

Signature: _____