



**MSOTA 2nd Annual
RUN, WALK, or ROLL
5K Run/Walk/Roll
10K Run
1 Mile Fun Run
Saturday, September 19, 2015
Holmes Community College
Campus**

Schedule of Events: 7:00 – 7:45 am Race Day registration and packet pick-up
8:00 am 5K/10K begin
9:30 am 1 mile fun run begins

Location / Directions: The race will take place on the campus of:
Holmes Community College
412 West Ridgeland Avenue
Ridgeland, MS 39157

Online Registration: Racesonline.com

Feel free to wear your favorite "Rock-n-Roll" themed running outfit.

AWARDS

Awards will be given to the overall Male/Female winners in Open, Masters (40-49), Grand Masters (50+) divisions in each Run/Walk/Roll category.

First, Second, and Third Place will be awarded in the following age groups:

Male/Female 5K Run Age Groups

14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Male/Female 5K Walk Age Groups

19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Male/Female 10K Run Age Groups

14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

All participants in the 1 Mile Fun Run who preregister will receive a commemorative token. Awards will be given to First and Second place winners.

FOR MORE INFORMATION CONTACT:

Kelly Crawford: kellyccrawford@gmail.com

Proceeds from this race will go directly to MSOTA for the promotion and advocacy of Occupational Therapy in the state of Mississippi.

REGISTRATION FORM

Please use one form per person.

Name _____ DOB/ Male or Female _____

Street Address _____ City/State/Zip Code _____

Phone Number (in case of emergency) _____ Email Address _____

PLEASE CIRCLE SHIRT SIZE

**** EACH RACER WHO PRE-REGISTERS WILL RECEIVE A SHORT SLEEVE T-SHIRT****

ADULT: Small Medium Large X-Large XX-Large (\$2.00 Extra)

YOUTH: (Y) X-Small (Y) Small (Y) Medium (Y) Large (Y) X-Large

Waiver: In consideration of my entry, I, for myself, my executors, administrators, and assignees do hereby release and discharge MSOTA, UMMC, the city of Jackson, and any other sponsors, promoters, persons, or entities associated with this event from any and all claims of injury or damages, demands, actions whatsoever in any manner arising or growing out of my participation in this athletic event. I attest and verify that I have full knowledge of the risks involved in the event and I am physically fit and sufficiently trained to participate in this race. I further authorize the use of my name and photo as may be used for the publicity of the race and results.

Signature _____ Date _____

Signature of Parent/Guardian (if under 19 years old) _____ Date _____

**** ANY RACE PACKET NOT PICKED UP ON RACE DAY WILL BE GIVEN AWAY****

PLEASE MARK THE EVENT THAT YOU WISH TO ENTER

- 5K Run - \$20 (Pre-Registered) or \$25 (Race Day)
- 5K Walk - \$20 (Pre-Registered) or \$25 (Race Day)
- 10K Run - \$20 (Pre-Registered) or \$25 (Race Day)
- 1 Mile Fun Run OR Shirt Only - \$15
- 5K ROLL* - \$20 (Pre-Registered) or \$25 (Race Day)

*Manual Wheelchairs Only

MAKE CHECKS PAYABLE TO: MSOTA

MAIL FORMS TO: MSOTA, P.O. Box 2188, Brandon, MS 39043

****FORMS MUST BE RECEIVED BY AUGUST 1, 2015 TO ENSURE YOU RECEIVE YOUR T-SHIRT****

NO REFUNDS! We are not responsible for race packets or awards not claimed.