

All proceeds to benefit:



“If you think running a race in Mississippi in the heat is hard...try chemotherapy”

September 18, 2010 (SATURDAY!!)

6:00 PM—1-mile fun run

6:30 PM—4-mile race

6:35 PM – 2-mile race

Starting at Old Trace Park (up the hill from Madison Landing Cr) Ridgeland, MS

Entry Fees:

\$20-adults pre-registered by 9/10/10

\$25-adults after 9/10/10 & race day

\$15-children (cotton tee) by 9/10/10

\$20-children after 9/10/10 & race day

\$75.00-Team pre-registered by 9/10/10

Come enjoy this unique night race held entirely along the water. Embrace the rare opportunity to race either the 2 or 4-mile distance. Both courses are out-and-back, with the 4-milers starting 5 minutes before the 2-milers.

PLEASE NOTE: All race participants will need to park in the main Madison Landing parking lot between the Cock of the Walk and Old Trace Park. Please do not park or block the lots of Cock of the Walk, Reservoir Pointe, or Harbor Station.

All pre-registered participants will receive a dri-fit T-shirt. Packet pick-up/Registration will be at Fleet Feet located at Trace Station off Hwy 51 from 4pm to 7pm on Friday, September 17, 2010, or down from Old Trace Park in the Madison Landing Parking Lot on race day from 4:00 – 5:30 p.m.



RETURNING THIS YEAR: Dr. Philip Ivanov with Action Chiropractic Clinic will be providing injury evaluations, gait analysis, and posture and pelvic stability examinations before and after the race. The School of Therapeutic Massage will be offering massages!

Corporate Teams Registration fee is \$75 (4-mile race only). Team members must be full-time employees or retirees of same company. Entries & fee must be submitted in a single envelope. All teams MUST pre-register. Teams may have 3 to 5 members; top 3 finishers for each team will be scored.

Sponsors

MISSISSIPPI tobacco FREE COALITION OF RANKIN, SCOTT AND SIMPSON COUNTIES

Action Chiropractic Clinic
QuickQuakes
More sponsors TBA!!!

Prizes: Overall winners in the 2 mile Run/Walk and 4-mile Run (including Teams) will receive special prizes. For the 2-mile run, 2-mile walk, and 4-mile run, prizes will be given to male and female first, second, and third place winners in the following age groups: (19 & under, 20-29, 30-39, 40-49, 50-59, 60 & up). For the 1-mile fun run, awards will be given to overall male and female first, second and third place winners.

PLEASE PRINT

Date: _____

First Name: _____

Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Sex: Male or Female Age on Race Day: _____

Email: _____

Event/Race Distance:

() 1-mile FUN Run () 2-mile run

() 2-mile walk () 4-mile run

() 4MR TEAM-Name: _____

Dri-fit shirt size: \$20 pre-registered; \$25 after 9/10/10

S M L XL XXL

Child sizes (cotton): \$15 pre-registered; \$20 after 9/10/10

S M L XL

Return form and entry fee to:

Surviving the Sizzle

217 Hoy Farms Drive
Madison, MS 39110

Make checks payable to **Surviving the Sizzle** OR

Register online at www.runwalkjog.com/sizzle.

I know that running and/or volunteering to work in Mississippi Track Club events are potentially hazardous activities. I should not enter and or run in MTC activities unless I am medically able and properly prepared and/or trained. I agree to abide by any decision of race/event officials relative to my ability to safely compete or assist in this organization's activities. I assume all risks associated with running and/or volunteering to work in MTC events including - but not limited to - falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry for racing, I, for myself and for anyone entitled to act on my behalf waive and release the Road Runners Club of America, MTC, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these MTC activities, even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____

Parent Signature (if under 18) _____

For more information, contact Melanie Harrell at survivingthesizzle@gmail.com or call 601-573-0202.