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THERAPEUTIC MASSAGE by
SANDRA BROWN, LMT 1556

Additional Support:

Budweiser • City of Vicksburg • Coca-Cola • Coomes Produce
Gulf States Golf Cars • Waste Management • Woodmen of the World

Visit www.vicksburgslam.com to find out about
Vicksburg's first and only race circuit program.

Name _____

Team (if applicable) _____

Email _____

Sex _____ Age on race day _____

Address _____

City, State, Zip _____

Phone _____

Vicksburg Slam (if applicable) _____

_____ 5 Mile Run _____ 5 Mile Walk

_____ 1 Mile Fun Run

Adult Size Shirt: _____ Small _____ Medium

_____ Large _____ X-Large _____ XX-Large

_____ Youth Size (M,L)

Release: The undersigned agrees that by these presents the undersigned releases and agrees to hold harmless the Vicksburg Bridge Commission and Warren County, Mississippi, their respective governing bodies, employees, agents and contract personnel (Hereinafter Releasees) and by these presents does, for the undersigned and their heirs, executors, administrators and assigns, release and forever discharge Releasees of and from any and all claims, demands, damages, actions, cause of action, or suits at law or in equity, of whatever kind of nature, for or because of any matter or thing done, omitted, or suffered to be done, by Releasees with regard to the Southern Cultural Heritage Foundation Over the River Run 2014. The undersigned further agrees and covenants not to sue Releasees with regard to all claims, demands, damages, actions, causes of action, or suits at law or in equity, of whatever kind of nature, for or because of any matter or thing done, omitted or suffered to be done, by said Releasees with regard to the Southern Cultural Heritage Foundation Over the River Run 2014 and the participation of the undersigned in said Over the River Run 2014. By execution hereof, the undersigned further acknowledges that they have read and understand the Items of Concern and further acknowledge that should damage or injury occur to the undersigned, the undersigned will look solely to Southern Cultural Heritage Foundation to recover for any damages or injuries. It is further agreed that this release and covenant not to sue shall be a complete bar to all claims or suits for damage of whatever nature against Releasees resulting or to result concerning the Over the River Run 2014.

WITNESS my signature this the _____

_____ day of _____, 2014

Participant's Signature: _____

Print name: _____

If Minor, Parent/Guardian's Signature: _____

Print Name: _____

26th Annual



Saturday, October 11, 2014 at 8:00am

LOCATION:

The 5-mile race starts at the Old Mississippi River Bridge located at I-20 and Washington Street, crosses the Old Mississippi River Bridge, and ends back at Vicksburg.

RACE TIMES:

8:00 am for 5-Mile Run and 5-Mile Walk
1-Mile Fun Run will follow

(No headphones, rollerblades, strollers, bicycles or animals allowed on the course)

DIRECTED BY:

The Mississippi Track Club
Grand Prix Event

Proceeds to benefit

The Southern Cultural
Heritage Foundation

ENTRY FEES:

\$25 Individual Fee
(postmarked by October 1st)

\$30 Individual LATE Fee
(postmarked after October 1st)

\$15 Kids Registration
(10 & under)

after October 1st entry is \$20

\$55 Family Pre-Race
(pre-registered only, postmarked by October 1st—limit 5 immediate family members living at the same address)

\$75 Corporate/Civic Club Team Pre-Race
(pre-registered only, postmarked by October 1st
3-5 members required per team)

AFTER THE RACE

Entertainment, Fun and Refreshments for all runners, walkers and volunteers after the race in the Ameristar Delta Point parking lot.

The after-party is the place to be!
Entertainment by “Slaphappy”
and
special inflatable surprises for the kids.



Phone: 601.631.2997
Email: info@southernculture.org
Website: www.southernculture.org
www.facebook.com/schfoundation
www.twitter.com/schfoundation

PACKETS:

Packet pickup will be October 10th at the SCHF Auditorium (corner of Crawford and Cherry Streets) from 4:00-7:00 pm. and also prior to the race

Race T-shirts available to the first 500 registered participants.

Registration will be available onsite from 6:30am-7:30am the day of the race.

NO REFUNDS. NO PACKETS OR AWARDS WILL BE MAILED.



Mail form and entry fee to:
(make checks payable to SCHF)
Southern Cultural Heritage Foundation
1302 Adams Street
Vicksburg, MS 39180

or drop off forms/entry fee at
JUST DUETT SPORTS or HOBIE'S OUTDOORS

Or
Visit active.com

AWARDS

5 MILE RUN & 5 MILE WALK
Overall Winners, Male and Female—
Overall Masters, Grand Masters, &
Senior Masters (Male and Female)
First, Second and Third Places awarded
in each age group (Male and Female)
Age Groups: 10 and under, 11-14, 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-59; 60-64; 65-69; 70 and over

CORPORATE/CIVIC CLUB TEAMS

First, second and third in
5 Mile Run and 5 Mile Walk
(Must complete corporate sign up sheet located on www.southernculture.org)
Entry form and entire fee must
be attached.
3-5 full-time employees

1 MILE FUN RUN

Open to All Ages.
Overall Winners (Male and Female)
First, Second and Third Places awarded
in the following age groups only:
Age Groups: 5 and under, 6-7; 8-9;
10-11; 12-13; 14-15; 16-18