



**General Information**

Honor Mom and help increase economic opportunity for women in Kenya by participating in the Mother's Day Dash, a 5K trail run/walk. All awards will be handcrafted items made by women in Kenya. Special prizes will be given to the first mother, grandmother and stroller to cross the finish line! Every mother who participates will also receive a little something special. Join us while we honor mothers and help others!

**Location/Directions**

Simpson Trails, 5260 Highway 28 West, Magee, MS

Directions from Jackson down Highway 49 South: When driving into Magee, you will pass Wal-Mart Super Center on your Right. Take a Right onto Highway 28 West at the first red light after Wal-Mart (McDonald's will be on your left). You will go approximately one mile and the race will be on your Right. You will see the signs!

Directions from Hattiesburg up Highways 49 North: When driving into Magee, you will take a Left at the first red light (McDonald's will be on your right). You will then be on Highway 28 West. You will go approximately one mile and the race will be on your right. You will see the signs!

**5K RUN-WALK BEGINS AT 8:00 a.m.**

**KIDS RACES WILL IMMEDIATELY FOLLOW THE CONCLUSION OF THE 5K.**

**5K Run/Walk- Male & Female- Overall Winners, Overall Masters Winners, and Overall Grand Masters Winners**

**First, Second, and Third Place awarded to Each Age Group (Male and Female)**

**5K Run Age Groups**

7 & under, 8-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

**5K Walk Age Groups**

14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**One-Mile Fun Run Age Groups**

4 & under, 5-6, 7-8, 9-10, and 11-12.

**All children will receive awards in the Tot Trot.**

**Don't leave after the race is over. Door prizes will be given.**

Proceeds from this race support Merchant Ship Ministries.  
Learn more at MerchantShipMinistries.org!

**REGISTRATION FORM:**

**Please fill out 1 per person.**

Name \_\_\_\_\_ Age/Male or Female \_\_\_\_\_

Street Address \_\_\_\_\_ City/MS/Zip Code \_\_\_\_\_

Phone Number (in case of emergency) \_\_\_\_\_ email address \_\_\_\_\_

**PLEASE CIRCLE SHIRT SIZE:**

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

**ADULT: Small, Medium, Large, X-Large, XX-Large (\$3.00 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 Merchant Ship Ministries, and all others from any claims of 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)
- 1 Mile Fun Run- \$15 (Pre-Registered) or \$20 (Race Day)
- Tot Trot- \$15 (Pre-Registered) or \$20 (Race Day)
- SHIRT ONLY-\$15

**PLEASE MAKE CHECKS PAYABLE TO: Merchant Ship Ministries. NO REFUNDS PERMITTED.**

**PLEASE MAIL FORMS TO: Mother's Day Dash, P.O. BOX 954, MAGEE, MS, 39111**

**\*\*FORMS MUST BE RECEIVED BY May 1, 2014 TO ENSURE YOU RECEIVE YOUR T-SHIRT\*\***

**FOR MORE INFORMATION:**

Charlie White: 601-941-1817 or cnwhite@bellsouth.net

Angel Overstreet: 601-941-9407 or angelover@bellsouth.net

MothersDayDash.com

Please check if you are a: Mother \_\_\_\_\_ Grandmother \_\_\_\_\_