

2019

Iron Horse Music & Heritage Festival

5K Run / Walk

Date:	Saturday, June 8, 2019
Time:	7:00am Registration 7:30 Aerobic Warm Up 8:00am Run / Walk Starts
Place:	Corner of Canal St & Front St McComb, Mississippi
Entry Fee:	Postmarked by May 20, 2019 \$25.00 (Adults) \$20.00 (Students) Pre-Registration includes a T-Shirt First 100 receive a T-Shirt On Site Registration \$30.00 (Adults) \$25.00 (Student)
Registration: Registration by Mail or at Event Site. Mailed-In Registration will only be accepted if Postmarked by May 20, 2019. All Entrants must Pick Up Race Numbers at the Registration Table at Event Site. Race Numbers will not be mailed.	

RAIN OR SHINE!!	
Refreshments:	Great Food and Beverages On Site
Awards:	1st, 2nd and 3rd Place To Winners in each Category Male / Female Runner / Walker • Student: Age 15-20 • • Intermediate: Age 21-49 • • Senior: Age 50 + •
Pick up flyers at the following locations: Southwest Packaging , 1524 Delaware Ave Southwest Broadcasting , 206 N Front St Dick Frohn - State Farm Insurance , 111 Gay St The McComb Mill , 529 S Broadway	



Runner Walker

Name _____

Address _____

City, State, Zip _____

Phone _____ Age _____ Sex _____ DOB _____

<input type="checkbox"/> S	<input type="checkbox"/> L	<input type="checkbox"/> Add \$1 for \$2X
<input type="checkbox"/> M	<input type="checkbox"/> XL	<input type="checkbox"/> Add 2\$ for 3X
(Select your shirt size)		

Mail and make checks payable to:
MMSA / MCEP 5K
PO Box 1484
McComb, MS 39649

Entrants are encouraged to bring non-perishable food items to benefit our local Food Banks

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

Signature _____ Date _____

Parent or Guardian Signature if Under 18 years