



**SATURDAY
NOVEMBER 9 | 2019**

**10k TRAIL RUN
5k ROAD RACE
2-MILE WALK
1-MILE FUN RUN**

**Bonita Lakes
Meridian, Mississippi
Races Start at 8 a.m.**

**Main Entrance Closes
at 7:30 a.m.
for all traffic**

**Proceeds benefit Hope
Village for Children**



2000 15th Street
Meridian, MS 39301

GENERAL INFORMATION

TIME / FINISH SYSTEM / RESULTS

Chip timing will be used for all races. Results will be posted online at southernracetiming.com and athlinks.com. Runners' times will be immediately available at the finish line on a large digital clock.

There will be one finish zone. Runner's number must be visible throughout the race. Failure to have a number pinned to the FRONT of your shirt or shorts will disqualify you.

All runners who cross the finish line must go through the chute. Stay in line once in the chute. **DO NOT LEAVE THE CHUTE EXCEPT THROUGH THE OFFICIAL EXIT** unless for medical emergency.

PREREGISTRATION

You can register by mail, on the internet at www.southernracetiming.com, or in person at Anderson Health and Fitness Center. We strongly encourage preregistration to eliminate confusion on race morning.

Preregistration forms with fees must be received or post-marked by November 6, 2019. The preregistration fee for the 10k Run is \$20; 5k Road Race is \$20; 2-mile Walk is \$18; 1-mile Fun Run is \$18. **After November 6th the fee for all races on race day will be \$25 for each event.**

SPECIAL GROUP REGISTRATION

Contact Lean Follett at 601.616.0242 for school, office, church and group challenge details.

RUNNERS' AND WALKERS' PACKETS

The race packets contain race information, runner's number, safety pins, and T-shirt. Preregistered runners and walkers may pick up your race packet on FRIDAY, NOVEMBER 8 from 11 a.m. until 5:30 p.m. at Anderson Health and Fitness Center located at 2000 15th Street (lower level of parking complex). Race day: Pick up your packet and/or register (late registration will apply) from 6:30 - 7:30 a.m. at Bonita Lakes. **Absolutely no registration will be taken after 7:45 a.m. on Race Day.** **Races start promptly at 8:00 a.m.**

DETAILS

Parking is available at the upper lake and boat landing, but the dam will be blocked off at 7:30 a.m. to prepare for the Fun Run. **Please arrive prior to 7:30 if you wish to park at the upper lake or boat landing.** Complimentary beverages and food items will be available to all runners immediately following each race. The Awards Ceremony will be held immediately following the final race of the day.

AWARDS

10k Trail Run and 5k Road Race: Awards will be given to the top three Male and Female, Masters Male and Masters Female (40-49 years of age). Grandmasters Male and Grandmasters Female (50 years and older).

Awards will also be given to the top three finishers in the following age groups:

Male 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
Female 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

2-Mile Walk: Awards will be given to the top three finishers in the following age groups:

Male 13-20, 21-39, 40-47, 48-55, 56-60, 61-65, 66-70, 71-74, 75-80, 81+
Female 13-20, 21-39, 40-47, 48-55, 56-60, 61-65, 66-70, 71-74, 75-80, 81+

1-Mile Fun Run: Awards will be given to the top three Male and Female finishers in the following age groups: 1-6, 7-9, 10-12. All participants in the 1-Mile Fun Run will receive a special award as they cross the finish line.

ENTRY FORM

If you would like to register on the internet, go to www.southernracetiming.com. Please print. Complete one entry form for each runner.

Name _____

Address _____

City _____ State _____ Zip _____

Birthday _____ Age _____

Sex _____ Phone _____

Email _____

RELEASE (Mandatory): In consideration of your accepting my entry, I intend to be legally bound for myself, my heirs, executors, and administrators, do hereby release and discharge Hope Village and Kim Monsour from any and all liability arising from illness, injury and/or damage I may suffer in the event. I have read the entry information provided and certify my compliance by signing below. I also understand entry fees I pay are non-refundable, and there will be no confirmation of my entry.

Signature _____

Parent's Signature (if under 18) _____

Date _____

Mail completed entry form with entry fee to the following address:

AHFC-RUN FOR HOPE
2000 15TH STREET
MERIDIAN, MS 39301

(For office use only: RACE# _____)

**Absolutely NO
registrations will be taken
after 7:45 am on race day.
ALL RACES
BEGIN AT 8 A.M.**

Check the Correct Category

Preregistration	Race Day	Total
<input type="checkbox"/> 10k Event	\$20	\$25
<input type="checkbox"/> 5k Event	\$20	\$25
<input type="checkbox"/> 2-Mile Walk	\$18	\$25
<input type="checkbox"/> 1-Mile Fun	\$18	\$25

Specify T-shirt size for Participant:

Runners/Walkers who register before Oct. 31 may choose Dri-Weave or regular shirt. Dri-Weave t-shirts cannot be guaranteed after October 31.

Dri-Weave long-sleeved shirt

Regular long-sleeved shirt

Adult: S M L XL

Youth: S M L

Extra T-shirts are \$15 each. Specify quantities and sizes for additional shirts below:

Adult: S M L XL

Youth: S M L

_____ Additional T-shirts x \$15

_____ I would like to make a donation to Hope Village for Children

\$10 \$25 \$50 \$100 other

Grand Total \$ _____

Make checks payable to Run for Hope.

10K TRAIL RUN • 5K ROAD RACE • 2-MILE WALK • 1-MILE FUN RUN

1-Mile Fun Run: This Fun Run is an out-and-back loop on the paved access road. This route is flat, safe and suitable for young children, only.

10k Trail Run: This 10k course runs the main jeep trail around the upper lake and takes in one lap around the lower lake and back to the finish at the boat landing area. Route can be found on runngoapp.com.

5k Road Race: This Road Race is an out-and-back loop on the paved access road and takes in one lap around the lower lake and back to the finish at the boat landing area.

2-Mile Walk: This walk is out-and-back on the main park road into Bonita. The course runs from the boat landing to the front of Bonita, around the cul de sac, and back to the boat landing.

Contact Kim Monsour, Race Director at 601-934-2851 or AHFC at 601-553-6622 .

FROM THE RACE DIRECTOR

We're so happy to be in the final planning stages of the 19th Annual Run for Hope! This small dream has grown into a great event with participants from all over the South! Every dollar earned from Run for Hope directly benefits the children from all parts of the state who live on the Hope Village campus. I want to thank each of the runners, the kind sponsors, and all of the volunteers for your dedication to make this Run successful. We would be unable to do this without you all!

Your contribution through this race makes a huge difference in the life of a child. Mark your calendar and come join the fun at Run for Hope!

Kim Monsour • Race Director

HOPE VILLAGE FOR CHILDREN

Thank you for participating in the 19th annual Run for Hope! This run is sponsored by the Hope Village for Children's Guild, and all proceeds from this event will be used to directly impact the lives of our children. The Guild is made up of volunteers who raise money each year to ensure our children have the opportunity to experience a well-balanced, normal and happy childhood. These opportunities include birthday and holiday parties, summer field trips, athletic uniforms and accessories, exercise equipment, cottage refurbishment, tutors, prom dresses and many other amenities that most of us take for granted. We currently house about 45 children, daily, some who will remain with us through high school graduation and beyond. We take great pride in their accomplishments and in their success in overcoming great odds. Many of these accomplishments would not happen without the support of the Hope Village Guild. Your participation in this event ensures they can continue their mission – affecting the lives of children in the most positive way.

You can support Hope Village, a United Way Agency, year-round by donating items or shopping at the Hope Village Thrift Store located at 2716 8th Street, Meridian, MS. For more information call the Thrift Store at 601.483.7009 or Hope Village at 601.553.8660. To learn more about Hope Village for Children, visit our website at www.hopevillagers.org, or you can donate online at <http://hopevillagers.org/donate>.

Special Thanks

Kim Monsour, Anderson Health and Fitness Center; Hope Village for Children Guild, and all the other kind people who have helped put this race together!



Tina Aycock
Executive Director