

SEPTEMBER 21, 2019

# INGALLS ON THE CAUSEWAY 5K

(Please Print)

**Benefiting Special Olympics Mississippi (SOMS)**  
**Singing River Island (Ingalls Shipbuilding Fit Center)**  
 75 Wisconsin Loop  
 Pascagoula, MS 39567  
 228-935-4580

Register Online: <http://ingalls.huntingtoningalls.com/ingallsevents/ingalls5k>

LAST NAME	FIRST NAME	Business/Organization
HOME MAILING ADDRESS		CITY & STATE
(AREA CODE) PHONE #		E-MAIL (to receive event information)

**Warm up & Welcome starts at 7:30 AM Race Course: Certified 5K fast and flat course starts at 8:00 AM followed by the Fun Run**

AGE ON EVENT DAY \_\_\_\_\_ (for awards only)

SEX                      MALE ( )                      FEMALE ( )

5K RUN ( )              5K WALK ( )                      FUN RUN ( )

DONATION ONLY \$ \_\_\_\_\_ AMOUNT

TSHIRT ONLY

COTTON (non-race participant)                      \$10 ( )

TSHIRT ONLY DRI-FIT (non-race participant)                      \$15 ( )

SHIRT SIZE

ADULT                      S ( )                      M ( )                      L ( )                      XL ( )

ADD \$2                      2XL ( )                      3XL ( )                      4XL ( )

YOUTH                      S ( )                      M ( )                      L ( )                      XL ( )

Check what applies to your registration

Race Participant ( )

Sponsor ( )

SOMS Participant ( )

Athletic Assistor ( )

Community Challenge ( )

Shirts: **Early Bird Registration ends on August 31<sup>st</sup>, 2019.** Participants who register beginning September 1<sup>st</sup>, 2019 will be charged an additional \$5. Participants registered by August 31<sup>st</sup>, 2019 are guaranteed an Ingalls 5K on the Causeway 2019 dri-fit t-shirt. Cotton t-shirts will be available for late registrants and while supplies last on race day. Dri-fit t-shirts may not be available.

**RACE FEES (non-refundable) Please circle one:**

- **\$15 Early Registration by August 31 (cotton t-shirt)**
- **\$20 Early Registration by August 31 (dri-fit t-shirt)**
- \$20 Late Registration and on race day (cotton t-shirt while supplies last)
- \$25 Late Registration and race day (dri-fit t-shirt while supplies last)
- **Fun Run Early by August 31 Kids \$10 (cotton), (\$15 dri-fit)**
- Late Fun Run Kids \$15 (cotton), (\$20 dri-fit) – while supplies last
- **Special Olympian athletes ONLY – FREE** - please complete registration and select t-shirt size

**AWARDS:**

- Fastest Ingalls Shipbuilder awards male & female
- Top 3 overall male & female
- Top 3 male & female in age groups
- Top Masters (40-49) male & female
- Top Grandmasters (50+) male & female
- Top 3 Race walkers, male & female
- Top 3 Fun Run boys & girls

I (the) undersigned, intending to be legally bound for my spouse, children, my legal representatives, successors, assigns and I do hereby:

- Acknowledge that my participation in any road race exposes me to possible injury and I fully assume all risks inherent in my participation. I know that running a road race is a potentially hazardous activity. I should not enter or run unless I am medically able and properly trained. I also know that there may be traffic on the course route. I assume any and all other risks associated with running this event including but not limited to fall, contact with other participants, the effects of the weather, including high heat and/or humidity, and condition of the roads – all risks being known and appreciated by me.
- Knowing these facts, and in consideration of the sponsors accepting my entrance fee, I hereby for myself (or my minor child, if applicable), my heirs, executors, administrators, or anyone else who might claim on my behalf, waive and release and covenant not to sue Huntington Ingalls Incorporated, QuadMed., Jackson County, or Jackson County Port Authority and any and all other sponsors of this event, including their agents, employees, assigns, or anyone acting on their behalf, and any volunteers acting for the event, from any and all claim or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation of this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.
- I hereby agree to indemnify and hold harmless Huntington Ingalls Incorporated, QuadMed, Jackson County, or Jackson County Port Authority and anyone associated or affiliated with the sponsors of this event from any and all liability, loss, damage, expense, or cost of any kind of nature whatsoever from any and all claims for property damage, personal injury and/or any other claims arising from my participation in the event, including claims that are known or unknown, foreseen or unforeseen, future or contingent.
- I hereby covenant that I shall not now or at any time in the future, directly or indirectly, commence or prosecute any action, suit or other proceeding against Huntington Ingalls Incorporated, QuadMed, Jackson County, or Jackson County Port Authority, the other sponsors, and anyone associated or affiliated with these institutions arising out of, relating to, or in connection with the actions, causes of action, claims and demands hereby waived, released or discharged by me.
- I hereby attest that I am aware of the extent of the physical exercise associated with the run and that I am physically fit to participate; and
- I hereby consent to receive medical treatment in the event of injury, accident, and/or illness during my participation in the 5K run/walk event.
- The undersigned also grants full permission to the event sponsors and/or their agents to use my image, photographs, videotapes, motion pictures, recording or any other record of this event for any purpose.
- Applications for minors are accepted only with permission and signature of a parent or guardian.

I have read the foregoing and I fully understand and agree to it or for my minor child, as applicable.

Signature of Runner \_\_\_\_\_ Date \_\_\_\_\_
 
 Signature of Parent if Runner under 18 \_\_\_\_\_ Date \_\_\_\_\_

**Make checks payable to: "SOMS" and mail to:**  
 Joni Goodman, M/S 1030-03 HII-Ingalls Shipbuilding, P.O. Box 149, Pascagoula, MS 39568 Phone: 228-935-4580 Email:joni.goodman@hii-ingalls.com