

# 2009 Jingle Bell Jog

December 5, 2009

**Early Bird Deadline 11/23/09**

Registration after this date does not guarantee an event shirt  
(Each participant must fill out a registration form and sign the event waiver)

Name: \_\_\_\_\_ M / F

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### Please Circle One

Individual Participant 5k Run (\$20)

(\$25 after 11/23/09)

Relay Team Member (\$90/team of 6)

1 mile campus crawl participant (\$20)

(\$25 after 11/23/09)

### Shirt Size

Adult Sizes: S M L XL XXL

Child Sizes: S M L

**Please Make Checks Payable to:**

MVC Track/Cross Country

Return form/registration fee to  
MVC's Campus Life Office, or mail to:  
MVC CC/Track

500 E College, Marshall, Mo. 65340

I know that running is a potentially hazardous activity. I should not run in the event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, the conditions of the road and traffic on the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts, and consideration of your acceptance of my entry form, I, for myself and anyone entitled to act on my behalf, waive and release the event, event host, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though liability may arise out of negligence or carelessness on the part of the person named in this waiver. I understand that all entry fees are nonrefundable. Student-athletes are unable to receive awards that would affect eligibility status.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian's Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**Missouri Valley College CC/Track  
500 E College  
Marshall, Mo. 65340**

# 2009 Jingle Bell Jog

**5k Run/Walk**

**5k Team Relay**

**1 Mile Campus Crawl**

.....  
**December 5, 2009**

**10 AM**  
.....

**Missouri Valley College  
Marshall, Mo**



**For more information, call  
660-831-4095,  
or contact carrd@moval.edu**

# 2009 Jingle Bell Jog

The 2008 inaugural Jingle Bell Jog was a complete success **thanks** to the help of Marshall area businesses, the community, and the Missouri Valley College family.

For those who do not know what the **Jingle Bell Jog** is, it is a 5k run/walk hosted by the Missouri Valley College cross country/track & field programs. In addition to a 5k run/walk, there is also a team relay competition and a 1 mile campus crawl.

*Jingle bells* are given to all participants to attach to their shoes in order to jingle with other participants at the event. Also, everyone who registers will receive a **2009 Jingle Bell Jog shirt plus one raffle ticket**.

**Prizes** are awarded for the top relay team, top 5k male and female finisher, and top holiday costumes.



**Join the fun and friendly competition at this year's Jingle Bell Jog!**

## How to Register...

Each participant must fill out the attached registration form and liability waiver and return it with the registration fee to MVC via mail, or you may drop your registration form off at Missouri Valley College's Campus Life office located on the second floor of the Ferguson Center. The **early bird deadline is November 23**, 2009.

*You may still register after this date, or on race day starting at 9am.*

## 5k Run/Walk

The 5k run/walk course is marked off around residential streets of Marshall. The start/finish line is at the MVC campus columns. Runner/walkers are **encouraged** to dress in holiday costume attire!

## Team Relay

Each team will consist of 6 members. Each member will run a 1/2 mile leg, making it a 5k relay. The course is marked off around residential streets of Marshall. The start/finish line is at the MVC campus columns. Teams are **encouraged** to dress in holiday costume attire!

## Campus Crawl

The non-competitive 1 mile campus crawl will start and finish at the MVC campus columns. Walkers will make one loop around the perimeter of the MVC campus and are **encouraged** to dress in holiday costume attire!

## Race Awards

The top female and male finisher in the 5k will each receive a pair of Asics running shoes. Prizes will also be awarded to the top team and to the individual and group with the best holiday costume.

*(Student-athletes are unable to receive awards that would affect eligibility status.)*



## Raffle

A raffle will be held on race day in the Ferguson Center Formal Lounge on MVC's Campus. Tickets are \$1/each or \$5/6 tickets. Tickets will be available on race day or prior to race day by contacting [carrd@moval.edu](mailto:carrd@moval.edu). Prizes include an AKC registered puppy, gift certificates, Asics running gear, MVC track & field warm-up suit, etc...

## LOCATION

This event will be held on Missouri Valley College's campus at 500 E. College St., Marshall, Mo. The Start/Finish lines will be at the campus columns located at College St. & Brunswick. Signs will be posted on race day.

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\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Guardian's Signature (if under 18)

\_\_\_\_\_  
Date

*(Student-athletes are unable to receive awards that would affect eligibility status.)*