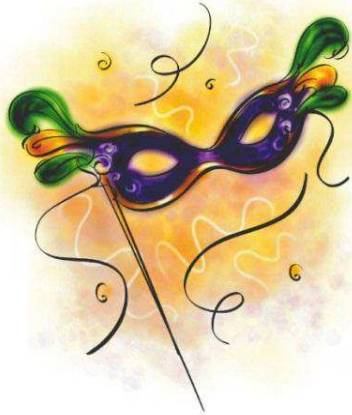




The Krewe of Bonne Vivantes invites you to the 2013
"Mardi Gras Withdrawal 5K"
 Glow 5K Run/Walk & Children's 1 Mile Fun Run
 A portion of proceeds will benefit Team Melissa and Team Natalie
 Saturday, September 7, 2013, 7:00pm
 Downtown Ocean Springs



Registration Fee: \$20 before August 23, 2013
 \$25 on day of race
 \$15 for Children's Fun Run

Start Time: Children's Fun Run- 7:00pm
 5K-7:30pm

Race will start and finish at Marshall Park on Washington Avenue.

Registration Includes: T-shirt, glow sticks and specials at downtown bars and restaurants

Same day registration and check-in for pre-registered participants begins at 6:00pm.

Awards and refreshments will be provided at the finish line! Awards will be given in the following divisions: Overall, 15-19, 20-29, 30-39, 40-49, 50-59 and 60+

Entry Form

For pre-registration, please return entry form and payment by August 23, 2013 to:

Bonne Vivantes, PO Box 134 Ocean Springs, MS 39566

Please send 1 form per participant. Make checks payable to Bonne Vivantes. Late registrations are not guaranteed a T-shirt.

Name: _____ Sex (circle one): Male Female

Address: _____ Phone: _____

Age on race day: _____ Shirt Size (circle one): Adult- XS S M L XL XXL Child- S M L

Event: _____ 5K _____ Children's 1 Mile Fun Run

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the 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, including heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Bonne Vivantes, the City of Ocean Springs and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event. I grant permission to all of the foregoing to use any photograph or any other record of this event for any legitimate purpose.

Signature: _____

Find Mardi Gras Withdrawal 5K on Facebook for exciting race updates!

