BE FIT 5K

RUN ★ WALK ★ STROLLERS ★ KID'S RUN

5 WITH FRIENDS★5 WITH FAMILY★5 FOR FITNESS!

5K & FUN RUN

SUNDAY – MAY 1, 2016 – 3PM

DISTINGUISHED YOUNG WOMEN HEADQUARTERS
751 GOVERNMENT STREET

Organized by: The Distinguished Alliance
Benefits: Distinguished Young Women
Location: Distinguished Young Women Headquarters- 751 Government Street, Mobile, AL 36602
Distance: Be Fit 5K is 5km (3.107 miles). Fun Run is less than a mile.
Registration: Pre-register by mail (entries should be postmarked by April 25), in person at McCoy Outdoor, Run-N-Tri, Fleet Feet in Mobile or Running Wild in Fairhope until noon on April 28, or online (www.befit5k.com) until 4am April 29. Early Packet Pick-Up and late registration will be available Friday, April 29 at the Distinguished Young Women office at 751 Government Street from 10:00 AM – 4:00 PM. Race day Registration and Packet Pick-up will be at the Distinguished Young Women office from 1:30 – 2:30 PM.

Entry Fees: 5K or Fun Run

Pre-Registered	Late and Race Day Registration
$25 Adult with shirt	$30 Adult no shirt
$20 Adult no shirt	$20 Children (12 and under) no shirt
$20 Virtual Runner no shirt	
$15 Children (12 and under) with shirt	
$10 Children (12 and under) no shirt	

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, Race Walker. Top three male and female in age groups: 9 and under, 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, and 75-99.
Shirts: Participants must be registered by April 7, 2016 to guarantee a shirt on race day.
Post-Race Party: Vendor booths, kid friendly activities, food & beverages will be provided post-race.
Parking: Parking is available at The Ben May Main Library parking lot on Washington Avenue.

Last Name: _____ First Name: _____ Age: _____ Sex: M F

Address: _____ City, State & Zip: _____

Date of Birth: _____ Phone: _____ Email: _____

Event: 5K Run/Walk (no strollers) 5K Race Walker (no strollers) 5K Stroller Wave

Fun Run Virtual Runner

T-Shirt Size: YS YM YL S M L XL XXL No Shirt

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or blades, animals and headsets are not allowed in the 5K race and I will abide by these guidelines. I understand that approved baby joggers are only allowed in the assigned wave of the 5K race and I will abide by this guideline. 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 Distinguished Young Women, its trustees, officers, agents, servants, and employees, LRH Productions (Margaret Olive), the City of Mobile, Mobile County Police Department, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant _____ Date _____
(Parent/Guardian must sign for participants under 19)

Make checks payable to: Distinguished Young Women
Mail completed application and fees to: Be Fit 5K, Distinguished Young Women, 751 Government Street, Mobile, AL 36602