



2016 Publix Charities

Thin Mint Sprint

5K Run/Walk & Health Expo

Saturday ~ August 20, 2016 ~ 7:30 AM

Location: USA Campus - SGA Pavilion, 6431 John Counts Road, Mobile, AL

Benefits: Girl Scouting programs in southern Alabama www.girlscoutssa.org

Time: 5K Run/Walk: 7:30 AM Fun Run: 7:35 AM Health Expo: 7:30 - 10 AM

Registration: Mail-in with payment by August 13, deliver in person at any Girl Scout Service Center or McCoy Outdoors, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on August 18, or online on Eventbrite until 4 AM August 19. For more info, contact GSSA at 251.344.3330 or visit. Race day registration is from 6:30 - 7:20 a.m. at the USA Campus - SGA Pavilion.

Entry Fees: Pre-registered

Adults: \$20

Children (12 and under): \$15

Current Girl Scout: \$15

Stay in Bed: \$20

Day of Race

Adults: \$25

Children (12 and under): \$20

Current Girl Scout: \$20

*No shirt option: subtract \$3 from registration fee

Awards: Awards for finishers in the following categories: Top male and female overall, top Masters, Grand Masters and Walkers. Top three male and female in 15 age groups. The Girl Scout Troop with the most runners/walkers who affiliate with that troop at registration.

Shirts: Registered participants will receive short sleeved T-shirts. You must pre-register by August 15 to be guaranteed a shirt on race day. Stay in Bed participants may pick up their shirts at the nearest Girl Scout office **after** the event.

Cookies: Race participants will enjoy eating **free Thin Mints** after the race!

Health Expo: Expo will offer refreshments, games, great giveaways, entertainment and a variety of vendors promoting health and wellness, massages, health tips, health screenings and presentations.

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

Address: _____ City/State/Zip: _____

Date of Birth: _____ Phone Number: _____ E-Mail Address: _____

Shirt Size (circle one only): **Youth:** S M L **Adult:** S M L XL XXL

I am a: Runner Walker/Race walker (no running during race) I am running with Troop number _____

Master Card Visa Discover Card #: _____ Exp. Date _____

Authorized Signature: _____

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, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Girl Scouts of Southern Alabama, the University of South Alabama and its trustees, officers, agents, servants and employees, LRH Productions, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

(Signature of Parent/Guardian if under 18)

Send Registrations to 3483 Springhill Avenue, Mobile 36608 or register online at Eventbrite.com.

Should inclement weather occur, your registration will be considered a donation to Girl Scouts of Southern Alabama.