



# 4 PAWS FOR ABILITY

## 5K Run/Walk and Fun Run

Saturday June 21, 2014 5K – 5 PM; Fun Run – 5:45 PM

**Benefits:** 4 Paws for Ability. 4 Paws for Ability enriches the lives of children with disabilities by training and placing quality, task-trained service dogs. (www.4pawsforability)

**Organized by:** The family of Grace Green. Grace is the adopted daughter of Rick and Sandra Green. Grace was born with fetal alcohol syndrome (FAS), mental retardation, mild cerebral palsy, OCD, ADHD, and numerous other medical conditions. This race is to raise awareness of special needs ability dogs for FAS children and to help raise funds to secure an ability dog for Grace.

**Location:** Race will start and finish at the SGA Pavilion by the intramural fields

**Distance:** Certified 5K course (AL08044JD) on USA Campus; Fun run approximately ¾ mile.

**Registration:** Register by mail (entries should be postmarked by June 14), in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon on June 19, or online (www.eventbrite.com) until midnight June 20. Packet pick-up and race day registration at the SGA Pavilion from 3:30 to 4:45 PM.

<b>Entry fees:</b>	<b>Pre-registered:</b>	<b>Day of Race:</b>
	\$20 Adult	\$25 Adult
	\$15 Youth - 12 and Under	\$20 Youth - 12 and Under

\*Fees include race shirt; no shirt option – subtract \$3

**Awards:** Top male and female Overall, Masters, and Grandmasters. Top three male and female in age groups: 10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70-99. Fun Run finishers will receive ribbons.

**Shirts:** To guarantee a shirt on race day, you must submit your application by June 14.

**Post-Race Party:** Food and beverages will be provided after the race.

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** M F

**Address:** \_\_\_\_\_ **City, State & ZIP:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Event:** 5K Fun Run **T-Shirt Size:** S M L XL No Shirt

**Donation to 4Paws for Ability: \$** \_\_\_\_\_

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 your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release University of South Alabama, the Green Family, LRH Productions (Margaret Olive), all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event on June 21, 2014, 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:** 4 PAWS for Ability

**Mail completed applications and fees to:** 4 PAWS 5K; LRH Productions; PO Box 6976; Mobile, AL. 36695