



Monroe Health Foundation

5K Run or Walk for Diabetes

Saturday ~ March 12, 2016 ~ 8 AM

Benefits: Diabetes Awareness in Monroe County and surrounding communities

Organized by: Monroe Health Foundation, Inc.

Location: Water Tower Conference Center, 181 East Claiborne St., Monroeville, AL

Distance: Certified 5K course (AL08035JD) through historic Monroeville, AL.

Registration: Register by mail (entries should be postmarked by March 5), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile, or Running Wild in Fairhope, or Finishing Touches or the Monroe County Hospital until noon on March 10, or online at Eventbrite (<http://mhfdiabetesrun.eventbrite.com>) until 4 AM March 11. Race day registration in front of new courthouse in Monroeville from 7 – 7:50 AM.

Entry fees: Pre-registered: \$25 Day of Race: \$30
Stay in Bed: \$20

Awards: Awards presented to the top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and 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: Race shirts guaranteed for all participants pre-registered by March 5.

Post-Race Party: Refreshments and awards will be provided after the race at the Water Tower.

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

Address: _____ **City, ST & ZIP:** _____

Date of Birth: _____ **Phone:** _____ **Email:** _____

Style: Runner Walker Stay in Bed **T-Shirt Size:** S M L XL XXL

Additional donation to Monroe Health Foundation: \$ _____

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, and 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 Monroe Health Foundation, LLC, Little Red Hen Productions, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event on March 12, 2016, 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: Monroe Health Foundation, LLC

Mail applications and fees to: Little Red Hen Productions; MHF 5K; PO. Box 6976; Mobile, AL 36660 **OR** mail to MHF; PO Box 886; Monroeville, AL 36461.

The Monroe Health Foundation would like for each participant to raise \$100 for this cause.

Thank you for your participation.