



Inaugural RUN RIDE SCOUT 5K, Duathlon & 1-Mile Fun Run Saturday, May 14, 2016 USS Alabama Battleship Memorial Park

Follow us on Facebook/RunRideScout. Race logistics provided by Little Red Hen Productions.

Date and Time: Saturday, May 14, 2016. 5K race & Duathlon begins at 7:00 a.m. 1-mile Family Fun Run starts at 7:05 a.m. All Walk/Run & Bike events will start in the Battleship parking lot.

Sponsored By: Mobile Area Council Boy Scouts of America Benefits: local scouting programs

Distance: **Certified 5K course (AL08020JD)**, Duathlon will continue with a 12-mile bike race with 6-mile turn-around at Meaher State Park. 1-mile Family Fun Run within Battleship Park. Fluids provided along the course.

Registration: Pre-register by mail (entries should be postmarked by May 9, 2016), in person at McCoy Outdoor, Run-N-Tri, Fleet Feet, Running Wild or Mobile Area Council BSA office (2587 Government Blvd, Mobile, AL 36606) until 5pm on May 11, 2016, or online www.bsamac.org/RunRideScout until May 12 at 8 a.m. Race day registration at Battleship Memorial Park 5:30 a.m. – 6:50 a.m.

Entry fees:	Recd by 3/1:	Recd 3/2-5/12	Race Day:
5K run- Adults (13+)	\$20	\$30	\$35
5K run- Children (0-12)	\$15	\$25	\$30
Duathlon Individual (13+)	\$35	\$40	\$45
Duathlon 2-person Relay	\$60	\$70	\$80
1-mile Fun Run	\$15	\$15	\$20

Entry fees include short sleeved t-shirt, drinks & post race food. Register by 4/29 to guarantee a shirt. \$3 discount if you do not want t-shirt.

All cyclists MUST be at least 13 years old and MUST wear a helmet.

Post Race: Join us for scout activities in the field at Battleship Memorial Park - archery, bb range, rock climbing, Tomahawk throwing, Pinewood derby, Raingutter regatta, arts & crafts, dutch oven cooking demonstrations, monkey bridge, etc. All scouts in uniform can board the Battleship for FREE and receive discounted rate for family members.

Awards: Duathlon: Top 3 relay teams, 1 male & 1 female overall, top 3 male & 3 female in age groups: 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.
5K: Top male & female overall, top 3 male & 3 female in age groups: 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Weather Disclaimer: Event officials reserve the right to postpone, cancel, or alter portions of the event should weather conditions on race day not allow for the safe completion of all or some of the event activities. Registration fees are non-refundable.

Questions? Contact Bernadette Toler (251) 476-4600 Bernadette.Toler@scouting.org



Last Name: _____ First Name: _____ Age: _____ Sex: _____
 Address: _____ City, State & ZIP: _____ Date of Birth: _____
 Phone: _____ Email: _____ BSA member? Yes No
 Competition (circle): Duathlon INDIVIDUAL Duathlon RELAY TEAM 5K Walk/Run 1-mile Family Fun Run
 Relay Team Name: _____ Relay Team Member Name: _____

Do you want a t-shirt? YES NO *\$3 discount if you don't want t-shirt **T-Shirt Size:** YS YM YL S M L XL 2XL 3XL

Registration fee: \$ _____ Additional donation to BSA: \$ _____ Total Registration Fee: \$ _____

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, biking 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 skateboards, roller skates or blades, animals, and electronic devices, earbuds, and 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 the Mobile Area Council, Boy Scouts of America, USS Alabama Battleship Memorial Park, LRH Productions, its employees, officers, and agents, 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.

Rev 1/26/2016

Signature of Participant(s): _____ Date _____
(Parent/Guardian must sign for children under 19)

Checks payable to: **Mobile Area Council RUN RIDE SCOUT** Mail to: **2587 Government Blvd, Mobile, AL 36606**

OR charge to VISA / Mastercard (circle one) Card# _____ Exp: _____