

# Christ United Methodist Church 3rd Annual



Christ United Methodist Church • 6101 Grelot Road • Mobile AL 36609 • 251.342.0462 • christumcmobile.com  
• email - cumc5k@christumcmobile.com

- Date & Time:** November 8<sup>th</sup>, 2014. 5K starts at 8am, 1 mile fun run to follow.
- Purpose:** To provide Thanksgiving groceries to people in need through CUMC's Lifegate Ministry. CUMC's Lifegate Ministry's year round purpose is to aid members of the community, both church members and non-church members, in crisis situations; helping with utilities, food and children's clothing.
- Organized by:** Christ United Methodist Church CUMC 5K committee
- Location:** Christ United Methodist Church, 6101 Grelot Road, Mobile AL & Cottage Hill/Medal of Honor Park. Race starts on CUMC Campus then runs to park and back to CUMC.
- Distance:** 5K and 1 mile fun run.
- Registration:** Bring registration forms to CUMC drop boxes located Christ Center entrance & the recreation entrance, Uncle Joe's Running Store at McCoy Outdoor, Run-N-Tri in Mobile @ Picadilly Square, Running Wild in Fairhope or mail to CUMC, 6101 Grelot Road, Mobile AL 36609, attn: CUMC 5K
- Entry Fees:** Early Registration: Adults-\$20, Children 12 and under-\$15. Late registration and day of race: Adults-\$25, Children 12 and under-\$20.
- Awards:** Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and 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:** Pre-registered participants must be registered by October 27th, 2014 to be guaranteed a t-shirt. Those registering after 10/27/14 will receive a shirt while supplies last.
- Post-Race:** Drinks, food, fun & awards ceremony.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

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

DOB \_\_\_\_\_ Phone #'s \_\_\_\_\_

Email \_\_\_\_\_

**Category:**  Runner/Walker  Racewalker **Event:**  5K  Fun Run

T-Shirt (circle one per reg. form): ADULT: XS S M L XL XXL YOUTH: XS S M L XL

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 LRH Productions, Christ United Methodist Church, 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: CUMC and in the memo put 5K for Lifegate

Mail registration form and fees to: Christ United Methodist Church, 6101 Grelot Road, Mobile AL 36609