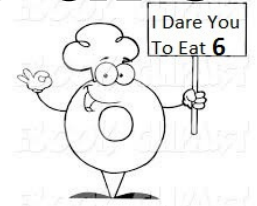


Doughnut Dash and Dare

5K Run/Walk and 1 Mile

Saturday ~ August 15, 2015 ~ 7:30 AM



- Location:** Spring Hill College Campus
- Dash Distances:** 5K and 1 Mile courses through the beautiful Spring Hill College campus
- THE DARE:** At the 1.5 mile mark, 5K participants may take the dare to STOP and EAT six delicious Krispy Kreme doughnuts before moving on to finish the 5K. 1 Mile participants may take the Dare to STOP and EAT one delicious Krispy Kreme doughnut before moving on to finish the 1 Mile.
- Registration:** **Pre-register** by mail (entries should be postmarked by August 8), in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon on August 13, or online at <http://doughnutdashdare5k.eventbrite.com> until 4 AM midnight August 14. **Race day registration and packet pick-up on the Spring Hill Campus from 6:30 – 7:15 AM.**
- Entry fees:** **Pre-registered Adults:** \$20 **Day of Race Adults:** \$25
Pre-registered Children: \$15 **Day of Race Children:** \$20
(12 and under) (12 and under)
****No Shirt option – subtract \$3**
- Awards:** **Daring 5K** - Top male and female Overall and top two 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.
Not So Daring 5K - Top male and female Overall and top two 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:** Participants registered by August 4 will be guaranteed a t-shirt on race day. Shirts as available on race day - shirts will not be reordered after the race.
- Post-Race Party:** Doughnut party and beverages after the race.

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

Address _____ City, State & ZIP _____

Phone Number _____ Date of Birth _____ Email: _____

T-Shirt Size: YL S M L XL XXL No shirt (subtract \$3)

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 MP3 players, ear buds, 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 Spring Hill College, LRH Productions, Studio 3 Productions, their employees, officers, and agents, LRH Productions, 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. Additionally, I grant permission for the use of my image in the promotion and marketing of this event.

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

Make checks payable to: Studio 3 Productions

Mail completed applications and fees to: Studio 3 Productions; Doughnut Dash and Dare, PO Box 851614, Mobile, AL, 36685