



# Free Them

## 5K Run/Walk and 1 Mile Fun Run

### Saturday October 15, 2016 8 AM

### Run for victims of modern day slavery.

**Benefits:** Hope Haven

**Location:** Foley First Baptist Church (221 N Alston St, Foley, AL 36536)

**Distance:** 5K Run/Walk and 1 mile fun run

**Registration:** Register by mail, or drop off at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile, or Running Wild in Fairhope until noon on October 15, or online at hopehavenal.com or eventbrite.com. Early packet pick-up and late registration on Friday, October 14 from 4 - 6 PM at the CLC at Foley First Baptist Church. Race day registration and packet pick-up from 6:30 to 7:45 AM at Foley First Baptist.

**Entry fees:** **5K:** Pre-registered: \$20 Day of Race: \$25  
**1-mile Fun Run:** Pre-registered: \$15 Day of Race \$20  
Children in strollers do not need to register.

**Awards:** Overall Male and Female as well as three deep in age groups.

**Shirts:** To guarantee a shirt on race day, you must submit your application by Sept. 23rd

**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 Run  5KWalk  Fun Run T-Shirt Size: \_\_\_\_\_  
YOUTH ADULT

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 Hope Haven, 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. I hereby give my permission to the media to use my name and photograph in the newspaper, broadcast, and telecast of this event without limitation or obligation.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_  
(Parent/Guardian must sign for participants under 19)

**Make checks payable to: Hope Haven**  
Mail completed applications and fees to: PO Box 906, Summerdale, AL 36580