



Free Them

**5K Run/Walk and 1 Mile Fun Run/Walk
Saturday October 17, 2015 8 AM**

Run for victims of modern day slavery.

Benefits: Hope Haven (for more info: www.hopehavenal.com)

Location: First Baptist Church; 219 N Alston Street; Foley, AL 36535

Distance: **Certified** 5K course through the neighborhoods of Foley. Fun Run is 1 Mile

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 16 from 4 - 6 PM at Foley First Baptist or First Baptist Summerdale. Race day registration and packet pick-up from 6 to 7:30 AM at Foley First Baptist.

Entry fees:	Pre-registered:	Day of Race:
	\$20 5K	\$25 5K
	\$15 Fun Run	\$20 Fun Run

Awards: Top male and female Overall, Masters, and Grandmasters. Top male and female in age groups: 10 and under, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70-99. Fun Run finishers will receive ribbons.

Shirts: To guarantee a shirt on race day, you must submit your application by October 10.

Post-Race Party: Food, beverages, awards, and door prizes after the race.

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

Address: _____ City, State & ZIP: _____

Date of Birth: _____ Phone: _____ Email: _____

Event: 5K Fun Run T-Shirt Size: XS S M L XL

Early packet pick-up: Foley First Baptist Summerdale First Baptist

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 (Margaret Olive), 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, 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: Hope Haven, PO Box 906, Summerdale, AL 36580