



GOTR Spring 5k

Saturday, May 4th, 2019

11:00 AM

Location: Downtown Mobile, The Fort of Colonial Mobile, 150 S. Royal Street Mobile, AL 36602

Benefits: Girls on the Run South Alabama (www.girlsontherunsouthal.org). For more information, contact Anna Katherine Ray 251-333-8965.

Distances: The 5k course winds through the streets of downtown Mobile.

Registration: Mail-in with payment by April 26th; in person at McCoy Outdoors, Run-N-Tri, or Running Wild in Fairhope until noon on May 3rd and at Fleet Feet Mobile until 6pm on May 3rd; or online at www.girlsontherunsouthal.org until 4 a.m. May 3rd. Early packet pick-up at Fleet Feet Sports Mobile on Friday, May 3rd from 10 a.m. - 6 p.m. Race day registration and packet pick-up from 9:00 - 10:45 a.m. at The Fort.

Entry Fees: Pre-registered

Adults: \$25

Children (12 and under): \$15

Stay in Bed: \$25

Day of Race

Adults: \$30

Children (12 and under): \$20

Awards: Top 3 Overall male and female. Top 3 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, 65-70, and 70+

Shirts: Registered participants will receive short-sleeved T-shirts. You must pre-register by April 15th to be guaranteed a shirt on race day.

Post-Race Party: Family fun festivities and Chick-Fil-A Chicken Biscuits!

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

Address: _____ **City/State/Zip:** _____

Date of Birth: _____ **Phone Number:** _____ **E-Mail:** _____

Shirt Size (circle one only): Youth: M L Adult: S M L XL XXL

Event (circle one only): 5k Stay in Bed **Donation to Girls on the Run: \$** _____

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 the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release Girls on the Run, the City of Mobile, LRH Productions, all of their trustees, officers, agents, servants and employees, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

(Signature of Parent/Guardian if under 18)

Make checks payable to: Girls on the Run South Alabama

Send Registration and fees to: Girls on the Run South Alabama; 266 McGregor Ave S Suite 101 Mobile, AL 36608

Should inclement weather occur, your registration fee will be considered a donation to Girls on the Run.