



# Girls on the Run 5k

## 5k Run/Walk

Saturday ~ December 3, 2016 ~ 9 a.m.

**Location:** Mobile Municipal Park (Langan Park), 4901 Zeigler Blvd, Mobile, AL 36608

**Benefits:** Girls on the Run South Alabama ([www.girlsontherunsouthal.org](http://www.girlsontherunsouthal.org)) For more info, contact Mary Candace Vegliacich at (251) 421-9369.

**Distances:** The certified 5K course (AL10001JD) winds through beautiful Municipal Park.

**Registration:** Mail-in with payment by November 26; in person at McCoy Outdoors, Run-N-Tri, Fleet Feet in Mobile or Running Wild in Fairhope until noon on December 1; or online at [www.girlsontherunsouthal.org](http://www.girlsontherunsouthal.org) until 12 a.m. December 2. Early packet pick-up at Fleet Feet Sports Mobile on Friday, December 2 from 10 a.m. - 5:30 p.m. Race day registration and packet pick-up from 7:30 - 8:50 a.m. at the Performing Arts Pavilion in Municipal Park (Flournoy Drive).

**Entry Fees: Pre-registered**

Adults: \$20

Children (12 and under): \$15

Stay in Bed: \$20

**Day of Race**

Adults: \$25

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 November 1 to be guaranteed a shirt on race day.

**Post Race:** Family fun festivities and Pancake Breakfast provided by Whole Foods after the event.

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: S M L Adult: S M L XL XXL

Event: 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; PO Box 850722; Mobile, AL 36685

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