



Run for MG 5K Run/Walk

Medal of Honor Park

Saturday ~ October 11, 2014 ~ 7:30 AM

Benefits: Proceeds will be donated to the Myasthenia Gravis Foundation of America

Location: Medal of Honor Park (Cottage Hill Park)

Distance: 5K cross country course through Medal of Honor Park

Registration: Register by mail (entries should be postmarked by October 4), in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon on the October 9, or online (<http://runformg.eventbrite.com>) until 4 AM October 10. Packet pick-up and race day registration at the Bicentennial Pavilion at Medal of Honor Park.

Entry fees: Pre-registered - Adults: \$20 Kids (12 and under): \$15
Day of Race - Adults: \$25 Kids (12 and under): \$20

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Walker. Top three 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.

Special Awards: Door prizes

Shirts: To guarantee a shirt on race day, you must submit your application by September 30.

Post-Race Party: Food, beverages, music and kids activities will be provided after the race.

Last Name _____ First Name _____ Age _____ Sex M F

Address _____ City, State & ZIP _____

Date of Birth _____ Phone _____ Email _____

Style: Runner Walker T-Shirt Size: S M L XL XXL

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, Myasthenia Gravis Foundation of America, 355 Lexington Avenue, 15th Floor New York, New York 10017, 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.

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

Make checks payable to: Myasthenia Gravis Foundation of America

Mail completed applications and fees to: 1613 Woodridge Ct. Mobile AL, 36695