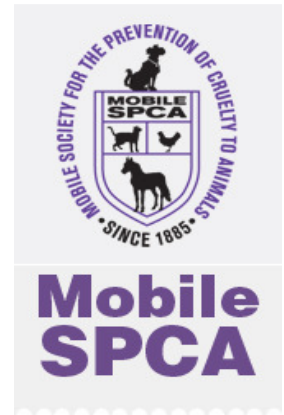


MSPCA Run for Rescues

5K and Fun Run

Saturday, October 1, 2016 at 9:00AM

The Grounds on Zeigler Blvd.



Benefits: All proceeds go to the Mobile SPCA

Location: The Grounds (1035 Cody Road North, Mobile, AL 36608)

Distance: 5K and Fun Run

Registration: Register by mail (entries should be postmarked by September 15), in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until Thurs, September 29, or online until 4 AM Friday, September 30 at www.MobileSPCA.org.

Entry Fees: Pre-Registration

Race Day Registration

Adult: \$20

Adult \$25

Children (12 and under): \$15

Children(12 and under):\$20

Stay in Bed (shirt only option): \$15

No shirt option: subtract \$3

Entry fees include race entry, race t-shirt and post-race festivities.

*Dogs may participate in the 5K and Fun Run and are welcome at the post-race festivities. They must, however, be kept on a leash and pet owners are responsible for their pets and pet products, as per The Grounds regulations.

Awards: The top male and female overall, top male and female finishers in the following age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.

T-Shirts: In order to be guaranteed a t-shirt, race applications must be received by September 17th.

Post-race: Food and beverages will be provided to participants.

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

Address: _____ City, ST, Zip _____

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

Event: 5K Fun Run Stay in Bed **T-shirt:** YS YM YL S M L XL XXL No Shirt

Donation to Mobile SPCA: \$ _____

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 by 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, 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 the county of Mobile, City of Mobile, The Grounds, Mobile SPCA, 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 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: **Mobile SPCA**

Mail this completed form and fees to: **Mobile SPCA, 620 Zeigler Circle W, Mobile, AL 36608**