



Power Run 5K Run/Walk

Guns & Hoses 1-Mile Fun Run

Saturday, December 7, 2013

Benefits: Y Campaign for Youth & Families to help those who cannot afford to participate at the Y.

Location: Spanish Plaza on Government Street. 5K will start on Church Street at 8 AM. Fun Run will start on Church Street at approximately 8:45 AM.

Distance: Certified 5K course (AL08033JD) through downtown Mobile. Fun Run is approximately 1-mile.

Registration: Register by mail (entries should be postmarked by November 30), in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon on December 5, or online (www.Active.com) until midnight December 5. Packet pick-up and race day registration at Spanish Plaza from 6:30 – 7:40 AM.

Entry fees:	Pre-registered	Day of Race
	5K Adults - \$18	5K Adults - \$20
	5K Children 14 and under - \$10	5K Children 14 and under - \$15
	Fun Run - \$8	Fun Run - \$10
	Police, Firefighters, APSO & Y Employees—Free (\$10 with shirt)	

Awards: Top Male/Female Overall, Masters, Grandmasters, Senior Grandmasters, and Race 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.

Shirts: All pre-registered 5K runners will receive a moisture management shirt and goody bag! Children will receive a cotton race shirt.

Post-Race Party: Food and beverages will be provided. Kids will receive a medal for fun run and participate in fun activities.

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

Address: _____ City, ST & ZIP: _____

Date of Birth: _____ Phone: _____ Email: _____

T-Shirt Size: YL S M L XL XXL No Shirt (subtract \$3)

Race walker: Yes No Employer: Police Firefighter YMCA APCO Other

Event: 5K Fun Run Donation to the Y's Strong Kids Campaign: \$_____

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 the City of Mobile, YMCA, 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)

Checks Payable: North Mobile Y

Mail applications and payments to: LRH Productions "Power Run 5K" PO Box 6976, Mobile, AL 36660