

Running with Champions

5K Run / Walk

December 14, 2013 - 8:00 AM

Benefits: All-Star Cheerleading Level 5 Team's from Gem of Champions in Daphne, AL. The team will be competing at the NCA All Star Nationals in Dallas, TX in March 2014 and World's in Orlando, FL April 2014

Location: Daphne City Hall, 1705 Main Street, Daphne, AL

Start: 8:00 AM

Registration: Mail in registration (postmarked by December 7), online registration at Active.com until midnight Thursday, December 12, drop off registration at Running Wild in Fairhope or McCoy Outdoor or Run-N-Tri until noon Thursday, December 12. Packet pick-up and race day registration will open race morning of race at 7:00 AM.

Entry fee: Adult (12 and older): \$25
Children (11 and under): \$15

Awards: Top male and female- 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

Shirts: Participants registered by December 5, 2013 will be guaranteed a t-shirt in the size requested on race day. No guaranteed of shirt after December 5, 2013

Post-Race: Food, beverages, door prizes, and Awards Presentation

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

Address: _____ **City, State & ZIP:** _____

Phone: _____ **Email:** _____ **Date of Birth:** _____

T-Shirt Size: S M L XL **Emergency Contact:** _____

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. I am in good health and I 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, stroller's roller skates or blades, animals, and headsets, headphones, ear buds are not allowed in the 5k 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 Gem of Champions, The City of Daphne, LRH Productions (Margaret Olive), any of their representatives and successors from all claims or liabilities of any injury 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: GCO Fundraising

Mail to: Gem of Champions; Attn: Kim Kelly; 25421A State Hwy 181; Daphne, AL 36526

More info: kim@gemofchamps.com