

# RAM RUN

**About:** This 5K run will take place on the University of Mobile's campus where you will enjoy the beautiful scenery UM's campus has to offer. Medals are given to each age group. Runners will also receive a tech running T-shirt and complimentary refreshments.

**Benefits:** University of Mobile Campus - 5735 College Parkway • Mobile, AL 36613

**Location:** University of Mobile | 5735 College Parkway | Mobile, AL 36613

**Distance:** 5K (Certified) and 1 mile fun run

**Registration:** Register online at [umobile.edu](http://umobile.edu) or [active.com](http://active.com). Register by mail (all entries should be postmarked by one week prior to the run).

<b>Entry fees:</b>	Preregistered - \$20	Day of Race - \$25
	Preregistered Alumni - \$15	Day of Race Alumni - \$20
	UMobile Students - \$10	Child, 12 and under - \$15

**Awards:** Top male and 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:** To guarantee a shirt on race day, you must submit your application online or by mail postmarked by Friday, April 17.

**Post-Race Party:** Please join us in front of Bedsole Library.

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Address: \_\_\_\_\_

City, State & Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ I am a: Runner/Walker    Race Walker    T-Shirts: Adult Sizes: S M L XL XXL

Youth Sizes: S M L

Alumni: Yes No UM Department \_\_\_\_\_

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 University of Mobile, 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 part of the person named in this waiver.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

(Parent/Guardian must sign for participants under 19)

**Make checks payable to: University of Mobile/advancement office | Mail completed applications and fees to:  
5735 College Parkway • Mobile, AL 36613**