



# Run for Ransom 5K

The Grounds

Saturday - February 20, 2016 - 6:00 PM

*It is a glow run.....*

**Benefits:** The Ransom Ministries Phone: 251-751-0044 [www.ransomcafe.com](http://www.ransomcafe.com)

**Organized by:** The Ransom Ministries

**Location:** Race will start and finish on the Grounds on Zeigler Blvd (1035 N. Cody Rd. (Cody Road at Zeigler Blvd.) Mobile, AL 36608) Late registration, packet pick-up and all post-race activities will take place in the Grounds.

**Distance:** 5K course on the Grounds.

**Registration:** Register by mail (entries should be postmarked by February 13, in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on February 18 or online at <http://runforransom5k2016.eventbrite.com> until 4 AM February 19. Packet pick-up and race day registration at the Grounds from 4 - 5:45 PM

**Entry fees:** **Pre-registered:** \$20 **Day of Race:** \$25  
Stay In Bed Option (t-shirt, no running): \$15  
**\* entry fee includes race shirt**

**Awards:** Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Walker. Top three male and female in age groups: 9 and under, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**Shirts:** Participants must be registered by February 6 to be guaranteed a t-shirt on race day.

**Post-Race Party:** Soup/Food and beverages will be provided after the race. Door prize drawings – Must be registered and present to win.

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**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** M F

**Address:** \_\_\_\_\_ **City, State & Zip:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**I am a:** Runner Walker (no running) **T-Shirt Size:** YL S M L XL XXL No Shirt (subtract \$3)

**Event:** 5K Stay In Bed **Additional Donation to Ransom Café:** \$ \_\_\_\_\_

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 Ransom Ministries, The Grounds, 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:** Ransom Ministries Inc  
**Mail completed applications and fees to:** Run for Ransom; PO Box 851854; Mobile, AL 36685

