



5K Run Walk for Life

Saturday - October 8, 2016 - 8 AM

The Grounds/Mobile, AL



Women's
Resource Center

Benefits: Women's Resource Center

Location: The Grounds - 1035 Cody Road North; Mobile, AL 36608

Distance: 5K and 1 mile courses on The Grounds' campus.

Registration: Register by mail: entries should be postmarked by September 30
Register in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon October 6
Register online by 5 PM October 5 at www.savalifemobile.org
Packet pick-up and late registration October 7 from 9-7 at 308 South Sage Ave.

Entry Fees: Early Bird (through 8/31):

Adult: \$20

Child*: \$5

* Child - 12 and under

** Race fee includes race shirt and post-race celebration

Pre-Registration:

Adult: \$25

Child: \$10

Race Day:

Adult: \$30

Child: \$15

Awards: Top male and female overall runners, top overall walkers, top 3 male and female finishers in age groups 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, and 75+

Post Race Party: Food, beverages, and door prizes will be provided after the race

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

Address: _____ City, State & Zip: _____

Date of Birth: _____ Phone: _____ Email: _____

I am a: Runner Walker Event: 5K Fun Run T-shirt: YS YM YL YXL S M L XL XXL

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 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 Women's Resource Center, 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: **Women's Resource Center**

Mail completed applications and fees to: **Women's Resource Center; 308 South Sage Ave; Mobile, AL 36606**

