



JEREMIAH 29:11

5K Run/Walk and Fun Run

Saturday January 23, 2016 9 AM

Benefits: ALL of the proceeds from the race will go to Shephard's Flock. Shephard's Flock's mission is to financially assist (non-medical related expenses) local families with childhood cancer warriors who are undergoing treatment at USA Children's and Women's. ALL of the proceeds from the race will go to Shephard's Flock.

Location: Bounds Family YMCA, 8051 Whispering Pines Rd, Daphne, AL 36526

Distance: Certified 5K course; fun run approximately 0.5 mile

Start Times: 9:00 AM – 5K Start 10:00 AM – Fun Run Start

Registration: Register by mail (entries should be postmarked by January 16, 2016), in person at McCoy Outdoor, Run-N-Tri, and Fleet Feet in Mobile, Running Wild in Fairhope or the Bounds Family YMCA in Daphne until noon on January 21, or online <http://runforshep.eventbrite.com>. Packet pick-up at the Bounds Family YMCA, Friday January 22 from 9:00AM-7:00PM and Saturday January 23 from 7:30-8:45AM. Race day registration at Bounds Family Y from 7:30 to 8:45 AM.

Entry fees: Pre-registered: Day of Race:
\$20 – 5K \$25 – 5K
\$10 – Fun Run with Cotton \$15- Fun Run
\$15 – Fun Run with tech shirt
\$10 – Shirt only
*Fees include race shirt;

Awards: 5K: Top male and female, and top three male and female in age groups: 9 and under, 10-19, 20-29, 30-39, 40-49, 50-59, 60+.
FUN RUN: Top 3 overall boys and girls, must be registered for the FUN RUN

Shirts: **5K participants will receive a tech shirt; fun run participants will receive cotton shirts (unless you pay \$15 for tech.)** Participants registered by January 9 will be guaranteed a t-shirt in the size requested on race day. After January 9, tee shirts cannot be guaranteed.

Post-Race: Food, kids characters, jump houses, music, booths, raffle, awards presentation.

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

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

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

T-Shirt: Men's Women's **Shirt Size:** YXS YS YM YL S M L XL XXL

Shirt Fabric: Cotton Tech **Event:** 5K Fun Run Shirt Only **Donation:** \$ _____

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 rate 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 Shephard's Flock, Bounds Family YMCA, 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: Shephard's Flock
Mail to: Bounds Family YMCA; ATTN: Run for Shep; 8051 Whispering Pines Road; Daphne, AL