

*“but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will RUN and not grow weary, they will WALK and not be faint” Isaiah 40:31*



The Sole2Soul Scoot  
goes **RETRO**  
benefiting



## The Sole2Soul Scoot goes **RETRO**

### 5K & Fun Run

[www.sole2soul sisters.com](http://www.sole2soul sisters.com)

**Saturday – February 8, 2014 - 8:00 a.m.**

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**Benefits:** The Ransom Café, Mobile and Baldwin Counties  
More info about Ransom Café: Phone: 251-751-0044 [www.ransomcafe.com](http://www.ransomcafe.com)

**Organized by:** Sole2Soul Sisters **Produced by:** Little Red Hen Productions

**Location:** Registration and post race activities at Battleship Memorial Park on the Causeway.

**Distance:** Out and back certified 5K (AL08020JD) course along the Causeway between Mobile and Spanish Fort. Fun Run within the boundaries of Battleship Park.

**Registration:** Register by mail (entries should be postmarked by **January 31, 2014**), in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon on **February 6, 2014** or online ([www.active.com](http://www.active.com)) until midnight **February 6, 2014**. Late registration and packet pick-up on Race Day at Battleship Park from 7-7:45 AM

**Entry fees:** **Pre-registered** **Day of Race**  
Adult: **\$20** Adult: **\$25**  
Children (12 and under): **\$15** Children (12 and under): **\$20**  
**Stay In Bed Option** (t-shirt, no running): **\$15** **NO Shirt option:** Subtract \$3

**Awards:** **5K:** Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Walker. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over. **Fun Run:** Ribbons for finishers under age 14.

**Special Awards:** **Top male and female award for most creative costume related to Retro theme**

**Shirts:** **First 200 participants registered for 5K, Fun Run and Stay in Bed will be guaranteed a tech shirt.** Tech shirts are sized for men and women. All shirts must be picked up at packet pick-up OR contact [sole2soul sisters@yahoo.com](mailto:sole2soul sisters@yahoo.com) for pick up locations by March 8, 2014.

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

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

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

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

**Tshirt:** Women's: XS S M L XL XXL Men's: XS S M L XL XXL No Shirt (subtract \$3)

**I am a:** Runner Walker **Event:** 5K Fun Run 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 USS ALABAMA Battleship Foundation, Inc., USS ALABAMA Battleship Memorial Park, 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:** The Sole2Soul Scoot; LRH Productions; PO Box 6976; Mobile, AL 36660