



**We Serve**

# Lion Trot 5K and Fun Run

## Amelia Park, Saraland, AL

### Saturday ~ November 25, 2023 ~ 8:00 AM

- Benefits:** Saraland Lions Club programs
- Organized by:** Saraland Lions Club (<https://www.saralandlionsclub.com/>)
- Location:** Amelia Park, 716 Mae St, Saraland, AL 36571
- Start times:** 5K will start at 8:00 AM      Fun Run will start at 9:00 AM
- Distances:** Certified 5K course (AL22034JE) through Saraland neighborhoods starting and finishing near Amelia Park. The fun run follows an out and back course. The courses are fairly flat; some gently inclines. Water provided along the course.
- Registration:** Mail in registration, postmarked by November 18 or pre-register in person by 12 PM, November 22, at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile. Day of race registration will be from 6:30 - 7:45 AM at the pavilion in Amelia Park.  
Register online at <https://runsignup.com/Race/AL/Saraland/LionTrot5KandFunRun> until 7 AM November 24.
- Entry fees:** Pre-registered Adult: \$25      Day of race Adult: \$30  
Pre-registered Youth (<13 yr): \$15      Day of race Youth (<13): \$20  
Just a Shirt: \$15
- Awards:** 5K: Top three male and female overall, top male and female masters, grandmasters, senior-grandmasters, legends and walkers. Top three in age groups of 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, 75-79, 80 & over.  
Ribbons for one-mile finishers.
- Shirts:** Participants pre-registered by November 10 are guaranteed a t-shirt on race day. Late registrants will receive t-shirts as long as the supply lasts.
- Post-Race:** Food, beverages, awards, and other activities provided for all race participants.

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

**Address:** \_\_\_\_\_ **City, ST & ZIP:** \_\_\_\_\_

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

**Category:** Runner      Walker      Wheelchair      **Event:** 5K      Fun Run      Shirt only

**T-Shirt Size:** YS    YM    YL    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 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 City of Saraland, Saraland Lions Club, LRH Productions (Margaret Olive), 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: Saraland Lions Club

Mail forms and fees to: Saraland Lions Club; Lion Trot; PO Box 415; Saraland, AL 36571