



15th Annual Saraland Harvest YMCA Run

8K Run/Walk, 5K Run/Walk & 1-Mile Fun Run

Saturday, October 31, 2015 8 AM

- Benefits:** North Mobile YMCA Campaign for Youth & Families
- Organized by:** North Mobile YMCA
- Location:** Amelia Park, Saraland, AL Directions: Exit 13 east ¼ mile on Hwy 158 to Shelton Beach Rd Turn left on Shelton Beach Rd and go ½ mile to Second Ave Turn right on Second Ave and go ¼ mile to Myron Ave Turn left on Myron Ave, which ends at Amelia Park.
- Distances:** Certified 8K (AL01017JD) and 5K (AL11059JD) courses in Saraland residential neighborhoods starting at Amelia Park. The courses are fast and flat. Fluids provided along the course.
- Registration:** Mail-in registration, postmarked by October 24, or pre-register in person by 12 PM, October 29, at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope, or register online until 4am on October 30. Day of race registration will be from 6:30 AM to 7:35 AM at Amelia Park. In order to be considered for awards and be guaranteed a place in results, please pre-register or sign up by 7:35 AM on race day.
- Entry Fees:**
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| Pre-registered Adult 5K or 8K: \$15 | Day of race Adult 5K or 8K: \$20 |
| Pre-registered Youth under 15 5K or 8K: \$8 | Day of race Youth 5K or 8K: \$10 |
| Pre-registered Military 5K or 8K: \$9 | Day of race Military 5K or 8K: \$15 |
| Pre-registered Fun Run: \$7 | Day of race Fun Run: \$10 |
| Police and Firefighters: no charge (\$7.00 for shirt) | |
- Awards:** 5K and 8K: 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 & over. Ribbons for one-mile finishers.
- Shirts:** Participants pre-registered by **October 9** are guaranteed a t-shirt on race day. Late registrants will receive t-shirts as long as the supply lasts.
- Post-Race:** Drawings for many door prizes. Food and beverages provided for all race participants.

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

Address: _____ City, ST & ZIP: _____

Date of Birth: _____ Phone: _____ Email: _____

T-Shirt Size: YS YM YL S M L XL XXL Event: 5K 8K Fun Run

Race walker: Yes No Police/Firefighter: Yes No Military: Yes No

Corporate Cup Team: _____ Donation to Y's Campaign for Youth and Families: \$ _____

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, North Mobile YMCA, 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: **YMCA**

Mail completed applications and fees to: **Saraland Run; LRH Productions; PO Box 6976; Mobile, AL 36660**

