

St. Jude Runners Association presents:



5th Annual Running for St. Jude 5K and 1 Mile We're celebrating with Bubbles

Sunday, April 13, 2014 8:30 a.m.

A local event to complement the Memphis 2 Mobile Run

Benefits: St. Jude Children's Research Hospital. More than 70 children from our area are currently receiving treatment for serious illnesses at St. Jude Hospital.

Location: Bellingrath Gardens, Theodore, AL

Distances: Certified 5K (AL12033JD) and 1 mile (AL12034JD) courses outside of the gardens.

Registration: Register by mail (postmarked by April 6), in person at McCoy Outdoors, Run-N-Tri in Mobile or Running Wild in Fairhope until noon on April 10, or online at eventbrite.com until midnight April 11. Race day registration at Bellingrath Gardens from 7:30 - 8:15 a.m.

Entry fees: **Pre-registered:** Adult (13+) \$20 / Child (12 and under) \$10

Day of Race: Adult (13+) \$25 / Child (12 and under) \$15

***Shirt options:** Tech Shirt - Add \$3 No Shirt - Subtract \$2 XXL: Add \$1

Awards: Top male and female- Overall, Masters, Grandmasters, Senior Grandmasters, and Race Walker. Top three male and female in age groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

T-Shirts: Entry fees include a cotton T-shirt; participants have the option of upgrading to a tech T-shirt. To guarantee a shirt on race day, you must submit your application by April 7.

Post-Race Party: Awards and refreshments. Bellingrath Gardens café opens at 10 a.m. and offers a great variety of sandwiches and salads for post race grub.

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

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

Address: _____ City, State & ZIP: _____

Date of Birth: _____ E-mail _____ Phone: _____

T-Shirt: YS YM S M L XL XXL(+ \$1) No Shirt (-\$2) Upgrade to Tech Shirt(add \$3): Yes No

I am a: Runner walker Race walker Event: 5K 1-Mile

Additional donation to St. Jude Children's Research Hospital: \$ _____

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 St Jude Runners Association, Bellingrath Gardens, 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: **St. Jude Runners' Association**

Mail completed applications and fees to: **St. Jude Runners' Association 5K; P.O. Box 850051; Mobile, AL 36685**