



# Cunningham Bounds, LLC

## Lions Club Tunnel Vision 5K

Saturday May 4, 2019 8 AM

**Location:** Run/walk will start near the intersection of Washington and Government Streets – close to the Mobile Public Library.

**Benefits:** Proceeds from the Tunnel Vision 5K will benefit the sight programs of the Lions Club of Mobile. Please visit [www.lionsclubofmobile.org](http://www.lionsclubofmobile.org) to learn about their programs.

**Distance:** Certified point to point 5K course (AL13029JD). Participants will start at the Mobile Public Library on Government Street and finish at Del Rio Cafe on the Causeway.

**Parking:** Participants are asked to park near the start of the 5K. Shuttle buses will be available to take participants from Café Del Rio to the start after the event. Shuttles will start leaving Café Del Rio beginning at 8:45 AM; last shuttle will leave at 10:30 AM.

**Registration:** **Pre-register** by mail (entries should be postmarked by April 27, 2019), walk-in at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on May 3, or online (<http://lionsclubtunnelvision5k2019.eventbrite.com>) until 4 AM May 3. Early packet pick-up and late registration will take place at the Port City Pacers office on Friday, May 3 from noon – 5:30 PM. Race day registration and packet pick-up in front of the Mobile Public Library from 6:15 – 7:45 AM.

**Shirts:** Participants registered by April 27 will be guaranteed a tee shirt in the size requested. After April 27, tee shirts can not be guaranteed.

<b>Fees:</b>	<b>Pre-registered:</b>	<b>Day of Race:</b>
	<b>Adults:</b> \$20	<b>Adults:</b> \$25
	<b>Youth (12 and younger):</b> \$15	<b>Youth (12 and younger):</b> \$20
	*Fees include TECH FABRIC race shirt, shuttle service, and entry to post race party.	
	**No shirt option: subtract \$3	

**Awards:** Top male and female Overall, Masters, Grandmasters, and Senior Grandmasters. Top three Male and female in age groups: 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, and 75+

**Post-Race Party:** Taco bar, beverages, awards presentation and music at Café Del Rio.

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

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

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

**T-Shirt:** YM YL S M L XL XXL No Shirt (-\$3) **Additional donations to Lions' Programs:** \$ \_\_\_\_\_

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, strollers, 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 Lions Club of Mobile, Lions Club International, the City of Mobile, Café Del Rio, LRH Productions, their employees, officers, and agents, 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 children under 19)

**Make checks payable to:** Lions Club of Mobile Charity Foundation

**Mail to:** LRH Production; Tunnel Vision; PO Box 6976; Mobile, AL 36660

**For additional information, please contact:** James Harred – 251-281-8706; [james@jamesharred.com](mailto:james@jamesharred.com)