5K and Fun Run
Friday, October 19, 2018 • 6 PM

UNIVERSITY of SOUTH ALABAMA Children's & Women's HOSPITAL | Children's Miracle Network Hospitals

Benefits: USA Children's & Women's Hospital Pediatric Emergency Department

Location: USA Campus – Lawn of the Mitchell Center near Moulton Tower

Distance: Certified 5K course on USA Campus. Fun Run is approximately 1 Mile.

Registration: Register by mail (entries should be postmarked by October 11th), in person at McCoy Outdoor or Run-N-Tri in Mobile or Running Wild in Fairhope until noon on Wednesday, October 17th, or online (**usahealthsystem.com/trick-or-trot**) until 11:59 PM on October 17th. Early packet pick-up and late registration will be available on Thursday, October 18th from 12 – 6PM at USA Children's and Women's Hospital Cafeteria and Friday, October 19th at USA Mitchell Center, Main Registration Tent at 4:00 PM.

Entry fees:

Pre-registered **BY 11:59 PM SEPT 18**	Regular Registration **SEP 19-OCT 18**	Day of Race **OCT 19**
Adult: $20	Adult: $25	Adult: $30
Children (15 and under): $10	Children: $15	Children: $15

Can't attend? Support the hospital by being a "Ghost" Runner: $15 *All fees include race shirt

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Race Walker. 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, and 70-99.

Shirts: Participants pre-registered by October 1st are guaranteed a t-shirt on race day. Late registrants will receive t-shirts as long as supplies last.

Post-Race Party: All registered racers will have access to the "Monster Mash" party after the race. Vendor tents, jump houses, music, photo booth, pumpkin decorating, food, drinks and trick or treating! If you are not a runner, you can purchase a wristband for the Monster Mash at the Main Tent for $5.

Last Name_____**First Name**_____ **Age** ___ **Sex** _____

Address_____**City, State & ZIP** _____

Date of Birth_____ **Phone**_____**Email** _____

Style: Runner Race Walker **Event:** 5K Fun Run Ghost Runner

T-Shirt Size: YXS Y S YM Adult: S M L XL 2XL* 3XL*

All shirts will be soft cotton *Please add $3 for 2XL and 3XL

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 USA Children's and Women's Hospital, the University of South Alabama and its trustees, officers, agents, servants and employees, 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 or institutions named in this waiver.

Signature of Participant_____Date _____

(Parent/Guardian must sign for participants under 19)

Make checks payable to: USA CHILDREN'S & WOMEN'S HOSPITAL

Mail completed applications and fees to: CWH DEVELOPMENT OFFICE 1700 CENTER STREET MOBILE, ALABAMA 36604