



2014 Young Life 5K Run/Walk Family Cookout / Crawfish Boil Sunday, April 6, 2014, 3:00 p.m. – 7 p.m.

Benefits: Proceeds from the race will benefit Young Life Mobile.

Location: 5 Rivers Delta (30945 5 Rivers Blvd on the Causeway)

Distance: 5K course

Events: 5K Race will begin at 4pm

Registration: Register by mail (entries should be postmarked by **Friday, March 28th**), in person at McCoy's Outdoor until noon on **Tuesday April 1st**, or online (www.Active.com) until midnight on **Wednesday, April 2nd**. Race day registration and packet pick-up will be held at 5 Rivers from 3:00pm- 3:45 p.m.

Entry fees: Early bird registration (received by March 28th): Adults - \$20 Children 12 and under - \$15
Day-of-race registration: Everyone: \$25
Full-time employed police officers and firefighters race free of charge.

Awards: Ribbons will be given to all Fun Run participants ages 14 and under. No awards/prizes are given for Fun Run.
5K Awards for: Top male and female Overall and Masters
5K Awards for: Top male and female in age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 +

Shirts: To guarantee a shirt on race day, you must register by March 28, 2014. T-shirts available while supply lasts on race day.

Post-Race Party: There is no charge for food for registered runners. *Non-participants will be asked to pay \$5.00 per plate.*

Weather Disclaimer: The YL 5K/Fun Run will take place rain or shine. Organizers reserve the right to cancel the event should weather pose a danger to the safety of the participants and volunteers. Entry fees are not refundable and will be considered a donation to Young Life.

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar with 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 _____ Date of Birth _____ Phone Number _____

Address _____ City, State & ZIP _____

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

Email: _____ Donation to Young Life Mobile: _____

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, baby joggers, 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 **Young Life Mobile, LRH Productions**, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event on **April 6, 2014**, 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 **Young Life Mobile**. Mail completed applications and fees to **P.O. Box 851025 – Mobile, AL 36685-1025**