



Blisters for Sisters

5K Run/Walk and 1 Mile Fun Run/Walk
Saturday April 27, 2019 8 AM

Benefits: The elderly poor residents at the Little Sisters of the Poor

Location: Race will start and finish at Sacred Heart Residence (1655 McGill Ave, Mobile, AL). 5K race will start at 8 AM; 1 Mile will start at 8:45 AM.

Distance: Certified 5K course (AL13044JD) and 1 Mile courses through the Midtown Mobile

Registration: Register by mail (entries should be postmarked by April 20, in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on April 25, or online (<http://blistersforsisters2019.eventbrite.com>) until 4 AM, April 26. Race day registration and packet pick-up at the Sacred Heart Residence from 7:00 – 8:00 AM.

Entry fees: Pre-registered:

\$20 Adult

\$15 Children (12 and under)

\$10 Supporter (get shirt; no running)

*fees include a race shirt and post race party

**no shirt option – subtract \$3 from fees.

Day of Race:

\$25 Adult

\$20 Children (12 and under)

\$15 Support (get shirt; no running)

Awards: Top male and female Overall and top three males and females 5 year age group awards. Ribbons will be presented to the fun run finishers.

Shirts: To guarantee a short sleeved race shirt on race day, your application must be received by midnight on April 7.

Post-Race Party: Food, beverages, and awards will be provided after the race.

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

Address: _____ **City, State & ZIP:** _____

Date of Birth: _____ **Phone:** _____ **Email:** _____

Event: 5K 1 Mile Supporter **T-Shirt Size:** YM YL S M L XL XXL No Shirt

Credit Card Type: ___ M/C ___ Visa ___ Amex ___ Discover **Card #** _____

TOTAL: _____ **Expiry Date :** _____/_____/_____

I know that running and/or walking a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the course. I assume all risks associated with running and walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including hot or low temperatures and/or wind chill, traffic and conditions of the road. I acknowledge all such risks as being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of this entry, I hereby for myself, heirs, executors, and administrators waive any and all claims I may have for damages against the Little Sisters of the Poor, LRH Productions, the City of Mobile, and all sponsors and individuals associated with the event, their representatives and successors, and assignees for any and all injuries suffered by me in connection with this event, including pre and post race activities. I understand all entries are final and that race organizers reserve the right in the event of an emergency or local or national disaster to cancel the race or change the date/time of the event and that there is no refund of entry fees for any reason.

Signature of Participant _____ Date _____
(Parent/Guardian must sign for participants under 19)

Make checks payable to: Little Sisters of the Poor

Mail applications and fees to: Blisters for Sisters; Little Sisters of the Poor; 1655 McGill Ave; Mobile, AL 36604

For More Information: (251) 476-6335; devmobile@littlesistersofthepoor.org