

# Glow Run – Ft. Walton Beach

## 5K Run/Walk and Fun Run

Saturday March 21, 2015 Fun Run: 6:30 PM 5K: 8:00 PM

**Organized by:** Glow Run Gulf Coast / Studio 3 Productions

**Benefits:** Fisher House of the Emerald Coast

**Description:** Participants are encouraged to run or walk wearing or carrying glow items in the various colors of cancer. The interactive "Leave It on the Fence" display will open at 4 PM

**Location:** Race will start and finish at the Fort Walton Beach Landing Park.

**Distance:** 5K course; fun run is approximately 1 Mile

**Registration:** Register by mail (entries should be postmarked by March 14, 2015), in person at McCoy Outdoor and Run-N-Tri in Mobile or Running Wild in Fairhope until noon on March 19, 2015, or online (<http://colorsofcancerfwb2015.eventbrite.com>) until 4 AM, March 20, 2015. Race day registration and packet pick-up at Fort Walton Beach Landing Park from 4 – 7:45 PM.

**Entry fees: Pre-registered:**

\$20 Adult

\$15 Youth 12 and Under

\* includes race shirt and one glow item. Additional glow products will be available for purchase on race day. No shirt option – subtract \$3

**Day of Race:**

\$25 Adult

\$20 Youth 12 and Under

**Awards:** Top male and female Overall, Masters, and 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 75-99. Fun Run finishers will receive ribbons.

**Shirts:** To guarantee a shirt on race day, you must submit your application by March 14, 2015.

**Post-Race Party:** Food and beverages will be provided after the race. Come dressed in your favorite glow attire prepared to dance along with the DJ and experience an epic light show.

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

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

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

**Event:** 5K Fun Run **T-Shirt Size:** YS YM YL S M L XL XXL No Shirt

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 University of South Alabama, its trustees, officers, agents, servants, and employees, Studio 3 Productions, Glow Run Gulf Coast, LRH Productions (Margaret Olive), all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event on March 21, 2015, 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:** Glow Run Gulf Coast / Studio 3 Productions

**Mail completed applications and fees to:** Studio 3 Productions; Colors of Cancer Run, PO Box 851614, Mobile, AL, 36685