



Hearts for Haiti

5K Run/Walk and Fun Run

Sunday

May 18, 2014

5:00 PM

Benefits: Hearts for Haiti – Educating 100 Girls in Haiti

Organized by: South Coast Church

Location: Race will start and finish at the SGA Pavilion next to the Intramural Fields.

Distance: Certified 5K course (AL08004JD) on USA Campus. Fun Run is approximately $\frac{3}{4}$ mile

Registration: Register by mail (entries should be postmarked by May 10, 2014), in person at McCoy Outdoor and Run-N-Tri in Mobile or Running Wild in Fairhope until noon on May 10, 2014, or online (heartsforhaiti5k.eventbrite.com) until 12 AM, May 16, 2014. Race day registration and packet pick-up at SGA Pavilion from 3 – 4:45 PM.

Entry fees: Pre-registered:

\$20 Adult

\$12 Youth 12 and Under

* includes race shirt and post-race party.

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 May 10, 2014.

Post-Race Party: Food and beverages 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 Fun Run **T-Shirt Size:** YS YM YL S M L XL XXL

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, South Coast Church, 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 May 18, 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: South Coast Church

Mail completed applications and fees to: South Coast Church; Hearts for Haiti, PO Box 9246, Mobile, AL, 36691