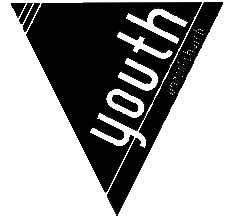




Speed the Light 5K

Saturday - October 8, 2016 - 8 AM



Benefits: Speed the Light program For more info visit <http://www.stl.ag.org/>

Organized by: Youth, the student ministry of Praise Family Church

Location: Praise Family Church, 2605 Dawes Road, Mobile, AL 36695

Distance: Certified 5K course (AL14054JD) in neighborhoods around the church.

Registration: Register by mail (entries should be postmarked by October 1, in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on Thursday, October 6, or online speedthelight2016.eventbrite.com until 4 AM Friday October 7. Packet Pick-up and race day registration at the Praise Family Church from 6:30 AM - 7:45 AM.

Entry Fees: Pre-registered:	Day of race:
Adults: \$20	Adults: \$25
Children (12 and under): \$15	Children (12 and under): \$20
*** No shirt option - subtract \$3 from entry fee	

Awards: Top male and female Overall, Masters, Grand Masters, and Senior Grand Masters. Top male and female in age groups: 9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70-99. All participants 12 and under will receive a finisher's ribbon.

Shirts: Participants must be registered by September 24 to guarantee a moisture management (tech) t-shirt in the requested size on race day. Tee shirts available for late registration while supplies last.

Post-Race Party: Food and beverages after the race.

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

Address: _____ **City, ST, ZIP:** _____

Phone: _____ **DOB:** _____ **Email:** _____

T-Shirt: YM YL S M L XL No Shirt (subtract \$3)

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 decisions of a race official relative to any aspect of my participation 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 Praise Family Church, the City of 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, 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: Praise Family Church

Mail completed application and fees to: Speed the Light 5K; LRH Productions; PO Box 6976; Mobile, AL 36660