

Team Tenley 5K and Fun Run/Walk

Saturday

May 13, 2017

8 AM



Why we run: Tenley Norman, a toddler from Robertsdale, AL was diagnosed February 2016 with a rare and aggressive form of pediatric cancer. She received treatment at MD Anderson in Houston, TX and is cancer free today! This year the Normans will be paying it forward and giving 100% of the proceeds from this year's event to Caroline Berry, a 14 year old from Spanish Fort who has been diagnosed with Rhabdomyosarcoma. Our goal is to lighten the financial burden and encourage Caroline to fight, to beat, and to survive her diagnosis.

Location: PZK Hall, 17933 AL-104, Robertsdale, AL 36567

Starts: 5K will start at 8 AM; 1 Mile will start immediately after the 5K finish.

Distance: 5K course through scenic Robertsdale. Course is mostly flat with occasional inclines. Fun run course is approximately 1 Mile.

Registration: Register by mail (entries should be postmarked by May 6) or in person at McCoy Outdoor, Run-N-Tri, Fleet Feet in Mobile or Running Wild in Fairhope until noon on May 11, or at <https://runsignup.com/Race/AL/Robertsdale/TeamTenley5kFunRun> until 4 AM May 12. Race day registration at PZK Hall from 6:30 – 7:45 AM.

Entry fees:	Event	2 and under	3 – 5	6 – 17	18 and above
	5K	Free	\$10	\$20	\$30
	Fun Run	Free	\$10	\$15	\$20
	Support Squad*	Free	\$10	\$15	\$15

*Get a shirt and invite to the crawfish boil.

Awards: 5K winners will be awarded ribbons - to the top male and female overall and top male and female in age groups: 5-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60-69, and 70+
Fun Run winners will be awarded ribbons – to the top male and female overall and age groups: 5-12, 13-17, 18-29, 30-39, 40-49, 50-59, 60+

Shirts: Participants registered by May 1 will be guaranteed a shirt on race day; shirts while supplies last after May 1.

Post-Race: Light food and drinks will be provided to all race participants. A Crawfish Boil will be underway starting at 9 AM. There will be several vendors, activities, and entertainment including The Voice's Shelby Brown, Mason Henderson, and Bradley Mitchell.

Last Name _____ First Name _____ Age ____ Sex M F

Address _____ City, State & ZIP _____

Date of Birth _____ Phone _____ Email _____

Event: 5K Fun Run Support Squad T-Shirt Size: 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 Team Tenley, City of Robertsdale, 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: Tenley Tough

Mail to: Julianna Beck; 20825 Hunt Road; Robertsdale, AL 36567