



Turtle Shuffle

5K Run/Walk and Fun Run

Saturday ~ January 23, 2016 ~ 8 AM



- Benefits:** Women's Business Alliance
- Organized by:** Ray Weinshenker, The Man About Town
- Location:** SGA Pavilion by the intramural fields of the USA main campus
- Distance:** Certified 5K course (AL08044JD) - the Swamp Loop – on USA Campus;
Fun run approximately ¾ mile.
- Registration:** Register by mail (entries should be postmarked by January 16, in person at McCoy Outdoor, Run-N-Tri, or Fleet Feet in Mobile or Running Wild in Fairhope until noon on Thursday, January 21, or online (<http://wbaturtleshuffle.eventbrite.com>) until 4 AM Friday, January 22. Packet pick-up and race day registration at the SGA Pavilion from 6:30 AM – 7:45 AM
- Entry Fees:** Pre-registered: Day of Race:
 Adults: **\$20** Adults: **\$25**
 Children (16 and under): **\$15** Children (16 and under): **\$20**
 WBA Supporter (get a shirt without running the race): \$15
 ***No shirt option: subtract \$3
- Awards:** Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Race Walker. Top two 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.
- Shirts:** Participants must be registered by January 9, 2016 to guarantee a t-shirt on race day.
- Post-Race:** Music, assorted food, beverages, and awards will be provided after the race

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

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

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

I am a (pick one): Runner/Walker Race Walker (no running during the race) WBA Supporter

Shirt Size: YL S M L XL XXL No Shirt **Donation to Women's Business Alliance:** \$ _____

I know that running or walking a cross country race is a potentially hazardous activity that could cause injury or death. I should not enter the 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 inherent risk associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, the conditions of the trail, the conditions of the bridges, all such risk being known and appreciated by me. 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, discharge, and release the Women's Business Alliance, officers, and members, The Man About Town, LRH Productions, University of South Alabama, all sponsors and volunteers from all claims or liabilities of any kind arising out of my participation in this event on January 23, 2016, even though that liability may arise out of negligence or carelessness on part of the persons named in this waiver.

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

Make checks payable to: WBA

Mail completed application and fees to: WBA Turtle Shuffle; 413-F Azalea Road; Mobile, AL 36609